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TERMS, CONDITIONS AND EXCLUSIONS APPLY

VALID UNTIL MARCH 6

Alarm sounded after more than 650 pharmacies closed their doors last year

PHARMACIES IN CRISIS AFTER LABOUR'S TAX RAID

EXCLUSIVE

BY **DAVID WILLIAMSON**
and **GILES SHELDRICK**

LABOUR'S high street tax grab will hurt patients as more pharmacies are driven out of business, the Chancellor is warned.

More than 650 closed in England and Wales last year, and many others could follow amid hikes in business rates and employers' national insurance contributions.

Leyla Hannbeck of the Independent Pharmacies Association said: "If closures continue at this pace patient access to essential services will be severely undermined.

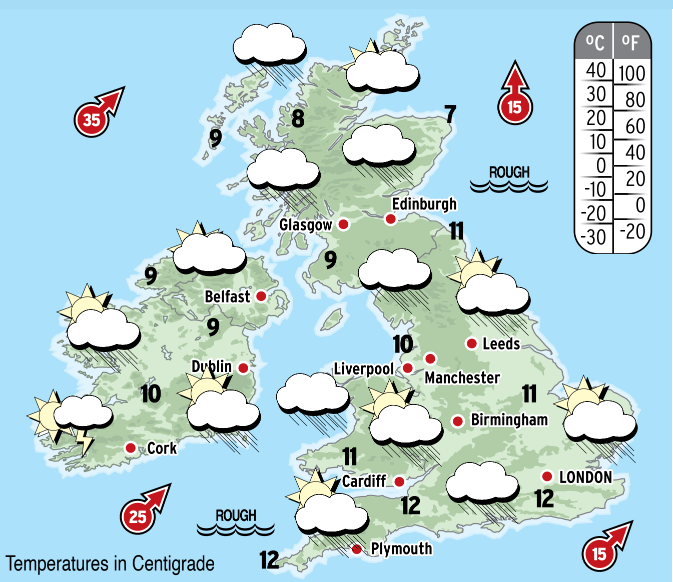
"Community pharmacies are local, often family-run businesses

TURN TO PAGE 5

West End girl...Cat and pals have new ITV home

SEE PAGE 11

WEATHER FORECAST



Temperatures in Centigrade

Today's summary: Cloudy and cool; evening mild

North West: Cloudy with light rain. Turning drier with some sun. Breezy, feeling cool. High 11C (52F).

Northern Ireland: Mostly cloudy with the risk of an isolated shower. Moderate north-westerly winds. High 9C (48F).

Wales: Wet start, clearing to cloud. Breezy with gusts easing. Chilly temperatures throughout. High 11C (52F).

Midlands: Unsettled with the chance of showers, mainly later. Moderate north-westerly winds. High 11C (52F).

North East/Yorks: Bright for a while, but also a few showers. Light rain later. Light winds. High 11C (52F).

Scotland: Cloudy with light showers early. Brighter spells later. Breezy with cool conditions. High 9C (48F).

East Anglia: Dry at first, but mainly cloudy with patchy rain later. Gentle southerly winds. Mild. High 11C (52F).

London/South East: Overcast, remaining dry. Winds easing slightly. Mild overall with cooler evening air. High 12C (54F).

South: Overcast and wet with patchy light rain or drizzle. Moderate northerly winds. Mild. High 11C (52F).

South West: Cloudy, some drizzle. Showers later, breezy winds, cooling slightly. High 12C (54F).

Channel Isles: Dull and wet with rain or drizzle, mainly light and patchy. Brisk westerly winds. High 11C (52F).

Sea: North Sea: Moderate. Irish Sea: Rough. Channel: Moderate.

UK OUTLOOK TOMORROW: Expect a mix of cloud and occasional rain, with mild breezes throughout. Skies may clear slightly by evening, bringing cooler conditions.

SIX-DAY FORECAST

Temperatures in Centigrade

	TUE			WED			THU			FRI			SAT			SUN		
		min	max		min	max		min	max		min	max		min	max		min	max
London	🌧	4	10	🌦	5	7	🌧	4	10	🌦	3	8	🌦	4	8	🌦	5	8
Belfast	🌧	1	6	🌧	3	5	🌦	2	6	🌦	2	5	🌦	3	6	🌦	3	7
Birmingham	🌧	2	9	🌧	4	6	🌦	3	8	🌦	2	6	🌧	3	6	🌦	4	7
Cardiff	🌧	2	10	🌧	6	8	🌦	4	9	🌦	3	8	🌦	4	7	🌦	5	8
Glasgow	🌧	2	7	🌦	4	6	🌦	2	7	🌦	2	6	🌦	3	7	🌧	4	7
Manchester	🌧	2	9	🌧	4	6	🌦	3	8	🌧	3	6	🌧	4	7	🌦	4	7
Newcastle	🌧	2	7	🌧	2	5	🌦	2	7	🌦	3	6	🌧	2	6	🌧	4	6
Norwich	🌧	4	9	🌧	3	6	🌧	4	8	🌦	3	7	🌦	3	7	🌦	4	7
Plymouth	🌧	4	10	🌧	7	9	🌦	6	10	🌦	5	9	🌦	6	9	🌧	7	10

Britain yesterday

24 hours to 5pm	SUN (hrs)	RAIN (ins)	TEMP (min)	(max)
Aberdeen	0.0	0.43	2	5
Aberporth	0.0	0.11	2	11
Alnwick	0.0	0.27	0	5
Belfast	0.0	0.48	4	11
Birmingham	0.0	0.02	-2	8
B'mouth	0.0	0.20	-3	9
Bristol	0.0	0.19	0	10
Cardiff	0.0	0.17	0	10
Durham	0.0	0.17	-1	4
Edinburgh	0.0	0.57	3	8
Glasgow	0.0	1.64	3	9
Hull	0.0	0.31	-2	5
Ipswich	0.0	0.02	-4	4
Leeds	0.0	0.17	-1	5
Lincoln	0.0	0.07	-3	5
London	0.0	0.04	-3	8
Manchester	0.0	0.16	0	8
Oxford	0.0	0.04	-3	8
S'hampton	0.0	0.15	1	9
St Andrews	0.0	0.48	2	7

Moon, sun and tides

MOON rises: 2.27am, sets: 11.17am
SUN rises London: 8.01am, sets: 4.16pm
Manchester rises: 8.19am, sets: 4.15pm

◐ New Moon
18 January

HIGH TIDE

London B'ge	(7.59am), (8.31pm)
Liverpool	(5.28am), (5.59pm)
Greenock	(6.47am), (6.41pm)
Dover	(5.20am), (6.06pm)

Britain Extremes:

(24 hours to 11pm Saturday)

Warmest: Isles Of Scilly, 11c (52f).
Coldest: Loch Glascarnoch, -8c (17f).
Wettest: Dyce, 0.50ins.
Sunniest: Nottingham, 6.8hrs.

Lighting-up times

Belfast	4.24pm-8.39am
Birmingham	4.18pm-8.12am
Bristol	4.26pm-8.10am
Glasgow	4.10pm-8.39am
London	4.16pm-8.01am
Manchester	4.15pm-8.18am
Newcastle	4.04pm-8.23am

Europe forecast

Today			Tomorrow		
Amsterdam	Rain	7C/45F	**Amsterdam**	Rain	8C/46F
Brussels	Rain	9C/48F	**Brussels**	Rain	10C/50F
Dublin	Fair	10C/50F	**Dublin**	Rain	7C/45F
Frankfurt	Snow	3C/37F	**Frankfurt**	Cloudy	7C/45F
Geneva	Cloudy	6C/43F	**Geneva**	Sunny	8C/46F
Lisbon	Showers	15C/59F	**Lisbon**	Thunder	15C/59F
Madrid	Drizzle	11C/52F	**Madrid**	Rain	12C/54F
Paris	Rain	11C/52F	**Paris**	Showers	12C/54F
Rome	Fair	12C/54F	**Rome**	Cloudy	15C/59F

Around the world yesterday

		C	F
Amsterdam	Cloudy	-3	27
Athens	Fair	13	55
Barcelona	Sunny	11	52
Berlin	Sunny	-4	25
Budapest	Cloudy	-2	28
Cairo	Sunny	20	68
Cape Town	Sunny	31	88
Casablanca	Sunny	16	61
Corfu	Sunny	13	55
Dublin	Shwrs	12	54
Dubrovnik	Sunny	6	43
Faro	Sunny	15	59
Florence	Sunny	6	43
Gibraltar	Sunny	14	57
Guernsey	Drizzle	8	46
Hong Kong	Sunny	20	68
Istanbul	Rain	6	43
Jersey	Drizzle	7	45
Larnaca	Sunny	21	70
Las Palmas	Fair	20	68
Los Angeles	Sunny	19	66
Luxor	Sunny	20	68
Malaga	Sunny	14	57
Mallorca	Sunny	14	57
Malta	Thndr	13	55
Melbourne	Cloudy	18	64
Miami	Fair	27	81
Moscow	Snow	-9	16
Nairobi	Fair	25	77
New Delhi	Sunny	13	55
New York	Cloudy	5	41
Nice	Sunny	11	52
Nicosia	Sunny	20	68
Perth	Sunny	30	86
Prague	Sunny	-6	21
Singapore	Cloudy	29	84
Stockholm	Cloudy	-4	25
Sydney	Cloudy	21	70
Tel Aviv	Sunny	20	68
Tenerife	Sunny	22	72
Toronto	Cloudy	3	37
Tunis	-	14	57
Venice	Sunny	6	43
Vienna	Cloudy	-2	28
Warsaw	Snow	-4	25

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Picture: JEFF OVERS/BBC

Kemi: We will ban under-16s from social media

Tory leader vows to protect youngsters

BY **MARTYN BROWN** Political Editor

UNDER-16S would be banned from social media apps under a Conservative government, Kemi Badenoch has said.

The Tory leader vowed to bring in strict age limits, claiming platforms were "designed to be addictive".

The mum-of-three told the BBC's Sunday With Laura Kuenssberg: "What we want to see is protection for children and freedom for adults. We want to give parents some understanding that the government understands what they're going through. So we want to bring in age limits."

> 'What we want to see is protection for children and freedom for adults'

It comes after teachers' union NASUWT called for laws to make big tech firms prevent children accessing their platforms.

Around four in five teachers reported an increase in pupils showing violent and abusive behaviour, and around three in five said social media was partly to blame, found an NASUWT survey of 5,800 members. A separate poll of 300 members found 89% would back a statutory social media ban for under-16s, like that brought in by Australia.

Former schools minister Lord Nash, whose proposed amendment to the Children's Wellbeing and Schools Bill includes the measure, urged ministers to "begin to reverse catastrophic harm to a generation of children".

Labour Greater Manchester mayor Andy Burnham said: "I find myself agreeing with a lot of what Kemi Badenoch is saying about children and social media. It seems to me parents would welcome a cross-party consensus around much bolder action." A government spokesman said: "Through the Online Safety Act, we have taken some of the boldest steps anywhere in the world to ensure children have age-appropriate experiences online."

Farage rages at Starmer for creeping back to EU

BY **AARON NEWBURY**

KEIR Starmer is betraying Brexit and handing sovereignty back to Brussels as he signs the UK up to a raft of EU programmes, Nigel Farage has warned.

The Reform UK leader vowed to fight "tooth and nail" to stop what he branded the "surrender of our sovereignty" as he launched a blistering attack on the PM.

Speaking at a Reform rally in Central London, Mr Farage accused Sir Keir of dismantling the Brexit 17.4 million Britons voted for. He said: "Despite everyone telling us we would lose our jobs, our houses, plagues of black locusts would descend, we told the establishment where to go. We voted to leave, we voted to take back control of our country."

His warning comes as the government plans to sign Britain back up to the Erasmus+ scheme, a student exchange programme. The reciprocal scheme will cost taxpayers more than half a billion pounds.

A Labour Party source said: "Labour is building a pragmatic relationship with the EU. Progress will rip away red tape."

CORRECTIONS AND COMPLAINTS

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Pictures: STEFANIE KEENAN/GETTY

J-Lo's glittering high glamour

BY **CHIARA FIOLRILLO**

HOLLYWOOD stars banished the January blues by hitting the red carpet for the start of party season ahead of last night's Golden Globes.

Jennifer Lopez, 56, wore astriking sheer dress shimmering with red crystals at the high glamour Vanity Fair and Amazon MGM bash in Los Angeles.

While Irish stars Paul Mescal, 29, and his Hamnet co-star Jessie Buckley, 36, posed with director Chloe Zhao at the 2026 annual Movies for Grownups Awards in Beverly Hills. They rubbed shoulders with icon George Clooney, 64, who looked to be having a laugh.

Adolescence star Stephen Graham, 52, went with a smart casual look for the Bafta Tea Party.

Aimee Lou Wood, 31, joined White Lotus co-star Parker Posey, 57, at W Magazine's do.

While Joan Collins, 92, was spotted at a Golden Globes brunch thrown by style and culture magazine The Cut.

Jennifer Lopez in shimmering red crystal dress

Paul Mescal, Zoe Zhao and Jessie Buckley

Joan Collins at Globes brunch

Parker Posey and Aimee Lou Wood

George Clooney laughs it up while Stephen Graham goes casually golden

Kurdish fighters yesterday

Dame Priti fears ethnic cleansing in Syria conflict

EXCLUSIVE

BY **RICHARD ASHMORE**

DAME Priti Patel claims Labour is cosying up to a government of "terrorists" in Syria after violence sparked fears of "ethnic cleansing".

Clashes broke out in Aleppo when militias connected to the Syrian regime stormed ethnic Kurdish neighbourhoods on January 6.

The Kurdish-led Syrian Defence Force, which has been a long-time ally of British forces during the war against Isis in the region, said at least 18 people, including two children, had been killed and more than 60 injured.

More than 100,000 people are reported to have fled the fighting.

Defaced image of al-Sharaa

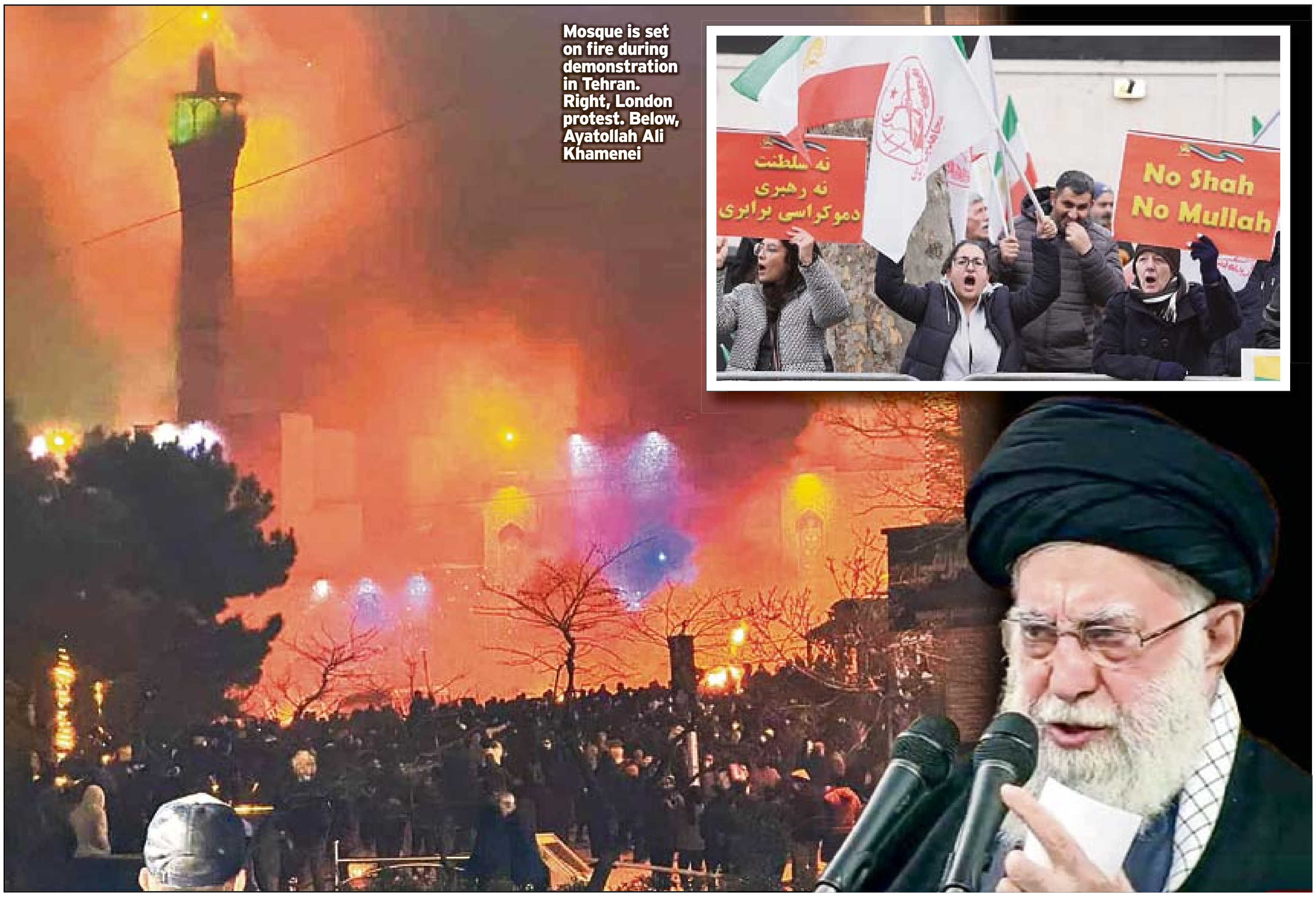
Dame Priti Patel MP, Shadow Foreign Secretary, told the Daily Express: "The attacks on Kurdish areas of Aleppo are deeply concerning.

"Our SDF allies see this as another potential ethnic cleansing, yet Labour and the FCDO's earlier praise for the new Syrian regime now looks completely misjudged."

The ruling party HTS, led by president Ahmed al-Sharaa, which seized power in December 2024, has been accused of massacres against the Alawite, Christian and Druze communities.

Dame Priti said: "HTS has deep links to al-Qaeda and was proscribed as it poses a serious terrorist threat.

"Labour's decision to de-proscribe must be backed by overwhelming evidence, not politics, especially given HTS's appalling record on protecting minorities."



Mosque is set on fire during demonstration in Tehran. Right, London protest. Below, Ayatollah Ali Khamenei

Trump set to launch strikes against Iran

President weighs up options as protest death toll rises

BY **MARTYN BROWN**
Political Editor

DONALD Trump was last night poised to unleash strikes on the Iranian regime in response to its brutal crackdown on mass anti-government protests.

The US president has been briefed on "military options" as supreme leader Ayatollah Ali Khamenei tightens his grip.

Mr Trump has signalled he is ready to back Iranian protesters as the reported death toll from a fortnight of demos spiralled to at least 538.

More than 10,600 have been arrested and detained, said the US-based Human Rights Activists News Agency, which has been accurate during previous unrest in Iran.

Mr Trump offered support for the protesters, saying on social media that "Iran is looking at FREEDOM, perhaps like never before. The USA stands ready to help!!!"

The president is said to be weighing up a broad range of potential responses against Iran, including cyber attacks and direct strikes by either the US or Israel, according to White House sources. But Iran has warned it will target US troops and Israel if the president carries out his threat of military action.

Authorities in the repressive Islamic state warn that protesters could face the death penalty.

Demonstrations have erupted in every region of the country, while protests have also taken place around the world, including London.

The death toll is believed to include 48 security personnel.

Iranian state TV aired funerals of slain officers, with Iran's police chief Ahmad-Reza Radan saying security forces had "escalated" confrontations with protesters.

The UK wants to see a "peaceful transition" of power in the Middle Eastern nation. Transport Secretary Heidi Alexander said Britain's priority was to "stem the violence".

Donald Trump warns regime

She told Sky News's Sunday Morning With Trevor Phillips: "The British government has always viewed Iran as a hostile state.

"It's a concerning situation there and we would like to see anything that happens in future involving a peaceful transition where people can enjoy fundamental freedoms and we see proper democratic values back in the heart of Iran."

Tory leader Kemi Badenoch said it would be right for the US to help oust the Iranian leadership.

Courage

And she indicated she would support RAF involvement if necessary.

Mrs Badenoch told BBC One's Sunday With Laura Kuenssberg: "This has to be something we do with a broad coalition of countries.

"That is the right way to do it and to make sure we create a stable Iran.

"The worst possible thing would be for this to escalate to a point where the situation gets worse."

She said Iran would "very happily wipe out the UK if it felt it could get away with it", adding: "I don't have an issue with removing a regime that is trying to harm us".

Foreign Secretary Yvette Cooper praised the bravery of those taking to the streets in Iran.

She said: "It takes real courage to speak up in an authoritarian system, especially for young women, but it should not require courage just to make your voice heard."

The protests began on December 28 over the ailing economy and have transformed into the most significant challenge to the regime for years.

Meanwhile, a group of Anglo-Iranian women has called on the government to ban the Islamic Revolutionary Guard Corps.

Demonstrators gathered outside Downing Street in Central London, where they demanded the IRGC be proscribed as a terrorist organisation.

The internet and telephone lines have been cut off in Iran, but footage of events has made it to social media.

Tehran-born British actress Nazanin Boniadi said protesters calling for the end of Iran's regime have "nothing to lose". The star, 45, added: "What they want is dignity, finally achieving their freedom."

COMMUNITY CHEMISTS CRISIS

Many pharmacy owners ‘increasingly fearful that they’ll be forced to close’

FROM PAGE ONE

that form the backbone of our high streets and neighbourhood healthcare. They are where people go for vaccinations, support for minor illnesses, prescriptions, and trusted advice from a healthcare professional they know, often with access to care seven days a week.

“Rising business rates, increased NI contributions, and uncertainty over the future funding settlement are leaving many pharmacy owners struggling to remain viable and increasingly fearful that they will be forced to close.”

Dr Hannbeck called for business rates relief for community chemists and a fair funding settlement from the government, whose 10-year plan for the NHS depends on pharmacies to help bring more services into the community.

Pressure

She added: “Without decisive action, scores of community pharmacies may be lost for good. The government must act now.”

The Independent Pharmacies Association warned that services are being shuttered “at a time of rapid population growth and the added healthcare demand from an ageing society”.

It claimed the “situation will only deteriorate unless the government acts immediately”.

Shadow Health Secretary Stuart Andrew said: “It’s time for Labour to get on with agreeing pharmacy funding – or it is patients who will pay the price.”

The government is set to embark on another humiliating U-turn on planned increases to business rates bills faced by pubs in England after an outcry from landlords.

It is now under increasing pressure to do the same for pharmacies. There are around 10,000 community pharmacies in England with around 90% of the population living within a 20-minute walk of one.

Community pharmacies operate like GP surgeries, meaning they are independent businesses contracted by the NHS.

Demand for their services has increased amid continuing difficulty accessing timely GP appointments, and the government handed pharmacies the first real-terms increase in funding for a decade in April.

Yet the sector still collectively faces a £2.6billion spending gap, NHS-commissioned analysis found, with those that are still clinging on “going to extraordinary and unsustainable lengths to do so”. Henry Gregg of the National Pharmacy Association said: “Pharmacies have recently seen a 140% increase in their business rates, despite receiving the vast majority of their income from the NHS.

“Any relief or additional support that is being offered to pubs should be extended to community pharmacy premises, who cannot increase their prices to manage these costs, unlike an ordinary high street business.

“We’re urging the government to exempt pharmacy businesses from business rates altogether, in the same way as GPs are.”

The Department of Health claims there was only a net reduction of 30 pharmacies in 2025.

It said: “NHS figures show hundreds of pharmacies have also opened, so there are around the same number of pharmacies in England today as there were [in the previous year].

“This government has increased funding to community pharmacies by 19% to £3.1billion.”

OPINION: PAGE 12

COMMENT

JANET MORRISON

Chief Executive, Community Pharmacy England

IT’S been widely acknowledged that pharmacies are the most efficient part of the NHS, but there’s efficiency and there’s being pushed into operating at a loss – and that’s the situation many, if not most, community chemists now find themselves in.

Pharmacies are independent businesses, but more than 90% of their business comes from NHS-commissioned services: to supply medicines, to give patients health advice, Pharmacy First and other clinical services.

People relied on us during Covid and have continued to do so. But we have faced real-term cuts of more than 30% over the last 10 years while the workload has increased by more than half – so we’re doing much more for less money, and it isn’t sustainable.

We had this year’s settlement just before April last year, and it was a better one as ministers had been listening and could see the looming crisis.

But they couldn’t put right 10 years of funding cuts in one go, and immediately afterwards we had the impact of higher business rates, employers’ national insurance rises and the national minimum wage. Between them, they entirely wiped out the increase we got.

In the past week we’ve been listening to the hospitality sector talking about the rise in costs including NI and the minimum wage – and we’re in exactly the same position. Except we can’t simply raise our prices.

For most pharmacies, about 90% of business is NHS-related. That means fixed charges for prescriptions and drugs. We can’t just charge more because our costs have gone up, apart from for things like toothbrushes and toothpaste, but they form a very small part of most businesses.

Some pharmacies offer private services, like Mounjaro jabs or ear wax removal, but these are then subsidising their NHS work which simply doesn’t pay enough.

Closures

So there have been more closures and the biggest companies have been consolidating.

The biggest provider, Boots, closed more than 300 pharmacies over the last few years. The second biggest, Lloyds, sold up and moved out of the business. Sainsbury’s closed pharmacies because it makes more profit from the floorspace selling cans of beans. It might be a good community offer but it’s just not economic.

So unless pharmacies can subsidise their contracts with private services, they go out of business. And, ultimately, most closures have happened in the poorest areas because those patients don’t have extra money to splash out on private services.

If a pharmacy suddenly goes out of business that’s a massive loss for the community. The impact on patients is real and immediate if you can’t get your medicines.

There’s got to be more money put into the NHS pharmacy contract and the Drug Tariff – what we’re paid for dispensing medicine – but also for the overheads like lighting, heating and staffing.

We haven’t started negotiations yet for next year’s settlement but we’ve already been given gloomy warnings that there isn’t enough money in the NHS pot.

Many pharmacy services are crumbling. The really small independents are stuck. Their pensions may rely on them selling that business – but if they’re not profitable, they can’t sell up.

Pharmacies are a vital community asset and too many are at risk. And I’m afraid it all comes down to money.

Pharmacies at risk as costs rise

NATO RESPONSE IN WAKE

Europe plans forces

BY **MARTYN BROWN**
Political Editor

BRITISH troops could be sent to Greenland as part of a Nato mission to help guard the Arctic for Donald Trump.

Sir Keir Starmer is said to share the US president's view that action must be taken to deter Russian and Chinese threats in the polar region.

Mr Trump has recently ramped up warnings he could seize Greenland for security reasons, and has not ruled out using American military force to do so.

Military chiefs are drawing up plans for a possible Nato mission on the world's largest island.

This could involve British soldiers, warships and planes being deployed to the territory.

Transport Secretary Heidi Alexander said talks about securing the High North against the two superpowers were part of Nato's "business as usual" rather than a response to the US military threat.

She said the UK agreed with Mr Trump that the Arctic Circle "is becoming an increasingly contested part of the world with the ambitions of Putin and China".

She told the BBC: "Whilst we haven't seen the appalling consequences in that part of the world that we've seen in Ukraine, it is really important we do everything we can with all of our Nato allies to ensure we have an effective deterrent in that part of the globe."

Tory leader Kemi Badenoch lambasted the talks, warning there is a danger the Nato alliance could collapse and saying Greenland is a "second-order issue".

She told the BBC's Laura Kuenssberg show: "Right now, what I am really concerned about is if there is going to be a Nato. We need to keep America on side."

Mr Trump has said he wants to get control over Greenland, which has a strategic location and natural resources, and "if we don't do it the easy way, we're going to do it the hard way".

But former UK ambassador to the US Lord Peter Mandelson said he did not believe Mr Trump would use the military against a Nato ally.

He said: "President Trump is not going to land on Greenland, take Greenland by force. He's not a fool. What's going to happen is there's going to be a lot of discussion, a lot of negotiation and at the end of the day, we are all going to have to wake up to the reality that the Arctic needs securing against China and Russia.

"And if you ask me who is going to lead in that effort to secure, we all know, don't we, that it's going to be the United States."

Threats

British officials met counterparts Germany and France in recent days to start preparations for a mission to Greenland.

The idea of European countries offering to put a military force on the island is said to have been discussed at a meeting of Nato allies in Brussels on Thursday.

Any operation, which could be a full-blown troop deployment or a combination of time-limited exercises, intelligence sharing, capability development and rerouted defence spending, would likely be carried out under Nato's banner.

Last year, UK commandos took part in Exercise Joint Viking in Norway – one of Nato's biggest High North drills in sub-zero temperatures – with 7,000 allied troops and Royal Navy boats.

This year, 1,500 Royal Marines will deploy for Exercise Cold Response across Norway, Finland and Sweden, training with allies to defend key terrain and demonstrate Nato unity.

But senior retired military top brass have warned the UK is overstretched even with Sir Keir's commitment to Ukraine.

In a report for the Policy Exchange think-tank, retired air marshal Edward Stringer warned that increased defence spending in the UK is being "eaten up by the Ministry of Defence overdraft" with the UK's military footprint shrinking at a critical moment. It came as Sir Richard Shirreff, who served as Nato's deputy supreme allied commander in Europe between 2011 and 2014, said allied forces would need at least 50,000 troops in Ukraine to deter an attack from Russia, while the British army has fewer than 75,000 personnel.

The Danish prime minister said her country was at a "fateful moment" as she accused the US of potentially trashing Nato through its Greenland threats.

Mette Frederiksen said: "If what we experience from the Americans is they are turning their backs on our Nato cooperation by threatening an ally then everything will stop."

Her comments came ahead of crucial talks this week between US secretary of state Marco Rubio and the foreign ministers of Denmark and Greenland.

OPINION: PAGE 12

EXPRESS VOTE

Should UK troops be sent to defend Greenland from Russia and China threat

YES: 0901 133 4440
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Royal Marines will be patrolling in Norway again this year

'SPINELESS PM MAKES UK LOOK LIKE A PYGMY'

BY **MARTYN BROWN**

SIR Keir Starmer's "spineless" approach to defence spending has left Britain looking like a "pygmy", Nigel Farage claims.

The Reform UK leader said it is "terrifying" that the UK faces a £28billion defence funding shortfall as Russia continues its war in Ukraine, Iran goes into meltdown and Donald Trump threatens war over Greenland.

Mr Farage said: "Just look what's happening in the world.

"We could soon be embroiled in operations in Iran, and are being drawn closer towards conflict with Putin, and yet thanks to spineless Starmer failing to properly fund our armed forces we are now military pygmies on the international stage."

Writing in the Mail on Sunday, Mr Farage added: "The Prime Minister and his Chancellor repeatedly argue that the government has committed to raising defence spending to 3 per cent by 2035. But that's a decade away. Just look what's happening in the world. We need to get a move on, pronto."

A No10 source said: "While Nigel Farage acts as Putin's puppet by admitting he would not stand up for Ukraine, the PM is raising the UK defence budget to record levels."

British Trident sub HMS Vanguard

Sub crews 'stretched to their limits'

EXCLUSIVE

BY **JAMES KNUCKEY**

A "MINDFUL garden" at a Royal Navy base created to give submariners a peaceful place to reflect ahead of deployment has been blasted as "irrelevant".

Top brass have been accused of failing to protect personnel being "stretched to their limits" on nuclear-armed submarines.

Defence chiefs are being urged to provide better care to Trident crews who have had to carry out increasingly long deployments after Vladimir Putin's warships stepped up activity around British waters.

Captains and senior officers of the Vanguard-class subs are using a garden at Northwood, Hertfordshire, to relax before deploying beneath the waves, for sometimes more than 200 days at a time.

But veteran and former defence minister Sarah Atherton said: "Submarines and submariners are being stretched to their limits.

Exhausted

"Ageing boats, extended deployments and exhausted crews increase the risk of a serious incident – whether driven by mental strain, lapses in discipline, mechanical failure or fire. In that context, a garden in the officers' mess is entirely irrelevant.

"We must now ask whether the UK's Continuous At-Sea Deterrent is being pushed beyond what is safe or sustainable."

Former submarine captain Ryan Ramsey said: "A garden at headquarters might offer a moment of peace, but the true burden isn't felt there.

"It's felt 300 metres underwater, 6,000 miles from home, with responsibility no one else in defence carries."

The Royal Navy said: "The welfare for all our submariners is a priority. A comprehensive support framework exists to support wellbeing."

OF TRUMP WARNING

to defend Greenland

Picture: ROSS TURPIE

Greenland's capital Nuuk and Petrina Lange, above right, and Mohammed Lundblad

We don't want the US, we want to keep our freedom

BY **MARK MCGIVERN**
In Nuuk, Greenland

GREENLANDERS say they will defend their "freedom" in the face of threats from Donald Trump.

Proud locals in the capital Nuuk sent a determined message to the US president that their home is not up for grabs.

Morten Meller, 60, beat his chest and declared: "No. He cannot do this. We must have our FREEDOM!"

Drinking in Daddy's bar with other fishermen, Morten said: "Trump thinks he can buy us, pay money for us, but we are human beings. We cannot be bought."

Everyone we spoke to shared Morten's view. Mr Trump's plans carry an explicit threat of force and most people in Nuuk now view him as a gangster.

Scallop fisherman Peter Hessner pointed at a gathering of giant ravens at the side of the road, when asked about Mr Trump.

He said: "He's nuts. Everyone knows it, even the birds know it."

Peter was born in Greenland to a Danish father and Greenlandic mother.

Like the majority of Greenlanders, he would like independence.

Many believe now is not the right time economically to break free from Denmark – and virtually every person we spoke to said a takeover by America would be a disaster.

Peter, who has skippered a scallop boat for more than 30 years, said: "We want to run our own country, to be independent of other countries, including Denmark.

"We don't want an even worse arrangement than the one we have.

"If I was offered independence tomorrow I would take it but I wouldn't take a deal to be part of America for any amount of money. We want our freedom."

Peter said Greenland could stand on its own without American money.

He said: "We have a lot of minerals and we have a lot of fish in the sea. We could open up some mines and we can make a lot of money for our people through this. Our fishing industry can also be very successful.

"I don't think Donald Trump will mess with Nato – but you never know when you're dealing with someone who is crazy."

Student Malik Jensen, 17, said he would like to pass on a message to Donald Trump from the young people of Nuuk.

He said: "My message is this: f*** you. I'm mad about this as we don't want the Americans here. We don't want our country to be invaded and we don't want to get annexed – whatever that means. People are afraid right now."

Malik, who aims to study animation in Denmark and bring his skills back to Greenland, said no amount of money could persuade him or other Greenlandic people to accept the US. He said: "Our country is beautiful and we believe that culture and history are more important than money."

Malik Jensen and Malik Carlson, students we met in the harbour area of Greenland capital Nuuk

Force

Student Malik Karlsen, 16, said young Greenlanders all agree that Mr Trump is a bully. He is one of the few we spoke to who thinks Mr Trump could launch a military takeover, following the US mission to capture Venezuelan leader Nicolas Maduro.

He said: "I don't like what he is saying. I thought his threat of force was a bluff at first but after what he did with Venezuela's president, I don't think it's a bluff."

Removal man Inuit Mohammed Lundblad, 35, served as a Nato soldier from the age of 19 to 23. He said the resilience of the military alliance, formed in Washington DC in 1949, is now being tested by Mr Trump.

Mohammed, an Inuit, said it is crucial that Nato stands up to the challenge.

The father of one said: "The USA has more firepower but I don't think it will ever come down to that. I think Trump will draw the line and not actually use any force.

"Whatever value he sees in Greenland – and it is obviously a very high one – it would be crazy to become enemies with all the nations of Nato."

Petrina Lange, 29, is a mother of one and has another on the way. She is still working at the harbour in Nuuk as a removals agent, until her maternity leave starts.

She is fiercely proud and does not wish her children to live in the dominion of any other nation. Inuit Petrina said: "I have no idea what the USA will do next. I think almost everyone I know would like to see an independent Greenland.

"We don't want to be part of America."

On our walkaround of Nuut, it takes several hours to find even one voice in favour of Donald Trump's plans.

We find one eventually, 35-year-old Julio Sangreen, who is drinking with other men under a tunnel that leads to the entrance of Nuuk's shopping mall.

Despite Greenland's stunning landscape and rich cultural heritage, it shares the same high level of social problems as the UK. Unemployed Julio said: "We want Trump. We want America because we need money. I have no money for even food – yet our country would be very rich if we deal with Trump."

Mass protests grip US after mum's ICE killing

WE LOVE OUR IMMIGRANT NEIGHBORS
HOW
JUSTICE FOR RENEE NICOLE GOOD
INNOCENT PEOPLE THIS IS MURDER
We're all on Stolen land
RADICALIZED BY BASIC DECENCY

Protests in Minneapolis, Chicago and Portland over slaying of Renee Good, inset, by ICE officer

BY **GILES SHELDRICK**

TENS of thousand of people protested across the US yesterday, days after Renee Good was killed by a masked government agent.

Anger has mounted since the mum of three, 37, was shot dead in her car by Immigration and Customs Enforcement, followed by another shooting of two people in Portland, Oregon.

Demonstrators in Minneapolis and other major cities across the US, including Boston, New York, Seattle, and Los Angeles, united in a wave of non-violent protests staged under the slogan "ICE Out For Good."

A fundraiser for Ms Good's family has raised £750,000 since Wednesday's killing.

The nationwide demos have called on the government to reduce ICE presence in cities.

But in a post that has ratcheted up tension the Department of Homeland Security released a new video showing the minutes that led up to the fatal shooting in Minneapolis.

The agency claimed Good was "STALKING and IMPEDING a law enforcement operation". Local officials insisted she posed no danger or threat.

Minneapolis mayor Jacob Frey claimed 50% of shootings in his city have involved ICE agents but urged protesters not to "take the bait". He said President Trump wants to see violence in cities to prove claims there is a need for a heavy federal law enforcement presence.

Starmer leadership may face attacks by Labour rebel and Burnham plot

BY **MARTYN BROWN**
Political Editor

KEIR Starmer is facing a double assault to his authority with a by-election threat and fresh plot to oust him by Andy Burnham.

Rebel Labour MP Karl Turner threatened to trigger a vote for his seat unless the Prime Minister backs down on plans to scrap jury trials for many cases.

The former barrister, said he was "ashamed" of the "ludicrous proposals". Mr Turner has warned Labour whips he would consider triggering the by-election to make a "principled point".

The Hull East MP won by nearly 4,000 votes ahead of Reform UK at the last general election.

But Labour's slump in the polls since the 2024 contest – combined with Reform's surge – will leave Nigel Farage's party confident of winning the seat.

Mr Turner was the only Labour MP to rebel against the government in a House of Commons vote last week over the plans to scrap jury trials.

Andy Burnham has reportedly done a secret deal to run as an MP. Above, rebel Karl Turner

He broke the party whip for the first time since becoming an MP in 2010 to side with the Tories and vote against the proposals. Mr Turner told Times Radio that he was "completely ashamed" of Justice Secretary David Lammy, who is pushing through the controversial reforms.

The government has said it will drop jury trials for offences with a likely prison sentence of three years or less.

The ability to appeal a magistrates' court verdict to a crown court will also be limited.

Sir Keir is also facing a new headache amid reports that Mr Burnham has done a secret deal to run as an MP in May.

It is believed shamed MP Andrew Gwynne will announce that he is standing down from his seat of Gorton and Denton in March to make way for the Manchester mayor.

Insiders say Labour rebel Jim McMahon has told colleagues a deal is "sewn up".

Gwynne sits as an Independent MP after being sacked when he reportedly "joked" on WhatsApp that he hoped a pensioner constituent died before the next election.

Mr Burnham, who declined to comment, will then contest the seat in a by-election on May 7, local election day, it was reported.

TO READ ALL THE BEST POLITICAL STORIES OF THE DAY GO TO EXPRESS.CO.UK/POLITICS ▶

COMMENT

MARTYN BROWN
Political Editor

NEW year, same old problems for Keir Starmer. The embattled Prime Minister might have hoped his latest "reset" – focusing on the cost of living – would revive his fortunes.

But another humiliating U-turn, on business rates for pubs, has again fuelled rumours of a leadership challenge. Pesky wannabe-PMs are never far away it seems.

Wes Streeting, who came very close to going over the top in an autumn of discontent, is still licking his lips at the prospect of challenging for the top job.

Now it seems Andy Burnham, the Manchester mayor who exploded on the launchpad of his own botched coup last year, is reportedly plotting a new route into Downing Street.

Decapitation

Burnham has reportedly done a secret deal to run as an MP once shamed ex-Labour colleague Andrew Gwynne announces he is standing down from his seat of Gorton and Denton in March.

He could then contest the seat in a by-election on May 7, local election day.

That would certainly spice things up. But there is a growing number of fed-up Labour figures who don't want to wait – whether it's Streeting from the Labour-right or the omni-wing Burnham, they are likely to face a challenger from the left – namely Angela Rayner or Ed Miliband. Sir Keir does have crumbs of comfort which include how the public were turned off by Tory decapitation sessions. The worst scenario would be a new leader failing to reboot the party.

Fire bar owner found waitress under bodies

Sparklers in champagne at Le Constellation bar are thought to have triggered the deadly fire

Bar owners Jacques and Jessica Moretti arriving at court

Cyane was trapped under pile of bodies

BY **DAN WARBURTON**

THE owner of the Swiss bar where 40 people died in a New Year's blaze has told how he tried to save a waitress he treated like family after finding her in a pile of bodies.

In the most detailed account of the disaster, Jacques Moretti and wife Jessica said Cyane Panine's final moments encapsulated the full horror of the evening.

The 24-year-old had been encouraged by Ms Moretti, 40, to "get the atmosphere going" at Le Constellation, in the ski resort of Crans-Montana, early on January 1. This included getting waitresses to put sparklers in champagne bottles, before some were lifted up on the shoulders of waiters.

Smashed

The pyrotechnics are thought to have set light to soundproofing foam in the basement's ceiling, triggering a massive fire, which also left 116 with severe burns.

Mr Moretti, 49, smashed open a service door usually kept unlocked, and found Cyane dying, surrounded by bodies, he told the Vallais public prosecutor's office.

He is in custody, while his wife has been bailed with a tag, as they await possible trial on charges including manslaughter and causing bodily harm by negligence. Mr Moretti said: "I tried to get inside but it was impossible. There was far too much smoke." Referring to the service door, said: "We forced it open, it finally gave way in a few seconds. When the door opened, several people were lying on the floor, unconscious. We pulled them all outside and put them in the recovery position."

Cyane, died despite attempts to resuscitate her for more than an hour. Her funeral took place in her home town of Sete, in the South of France, on Saturday. Her family said they were convinced she could have been saved.

Her mother Astrid said: "Cyane knew the place perfectly. She quickly headed for the emergency exit and could have saved herself and others. But it was locked."

Mr Moretti insisted sparklers were regularly used and claimed they were not powerful enough to ignite the foam on the ceiling.

Mrs Moretti told investigators: "Cyane was like a little sister to me. She had spent Christmas with us. I was devastated."

As the fire started she said. "I saw orange light in the corner of the bar. I immediately yelled, 'Everyone out!'."

She said she then called the emergency services, then her husband who was working nearby.

The couple said the fire service had carried out two or three fire inspections in the past 10 years of opening without requiring any modifications. They both deny any criminal or civil wrongdoing.

Mandelson refuses to say sorry for links to Epstein

BY **MARTYN BROWN** Political Editor

LABOUR faces fresh demands to boot Peter Mandelson out of the Lords after he refused to apologise to victims over his friendship with Jeffrey Epstein.

The former US ambassador and cabinet minister had previously described the convicted paedophile as his "best pal".

Offered the chance to say sorry to the victims for his association with Epstein the peer refused, saying he would apologise only for "a system" which let them down.

Speaking in his first interview since being sacked as the UK's ambassador to the US, the Labour grandee told BBC's Laura Kuenssberg show: "I want to apologise to those women for a system that refused to hear their voices and did not give them the protection they were entitled to expect."

Pressed on whether he would apologise for his friendship with Epstein after the financier's conviction, Lord Mandelson said: "If I had known, if I was in any way complicit or culpable, of course I would apologise. But I was not culpable, I was not knowledgeable for what he was doing.

"And I regret, and will regret to my dying day, the fact powerless women were not given the protection they were entitled to expect."

In an awkward moment, he challenged Ms Kuenssberg over suggestions that he knew of allegations around Epstein.

He said: "Do you really think that if I knew what was going on and what he was doing with and to these vulnerable young women, that I'd have just sat back and moved on and said, 'Okay, that's his that's his life'? I'd have done that?

"Do you think I'd have written emails like that if I had any knowledge or suspicion of what he was doing?" The peer also strongly implied he disagreed with his sacking by Sir Keir Starmer.

The interview was met with anger from the government with Transport Secretary Heidi Alexander saying Mandelson should have apologised.

The SNP's Stephen Flynn lashed out at the peer's remarks and said he should be kicked out of the Lords. He said: "Says he had no knowledge of what Epstein was doing when he maintained he [had] friendship with his 'best pal'.

Deplorable

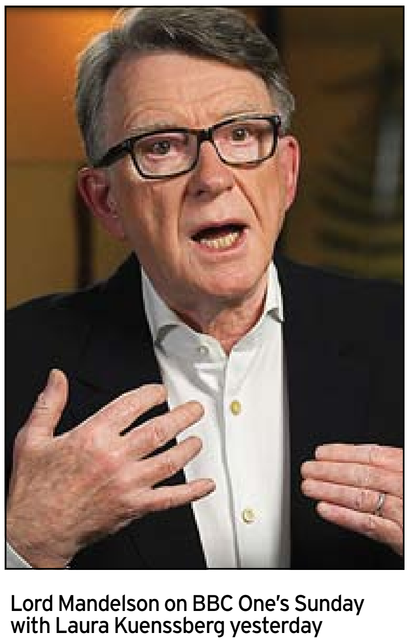
"Yet knew Epstein had been convicted of soliciting prostitution from a minor. Why are Labour continuing to allow this man to sit in the House of Lords?" He added: "He should have been stripped of that title months ago. The fact this hasn't happened is a stain on this deplorable Labour government."

Sir Keir sacked Lord Mandelson in September after emails between the peer and Epstein emerged, showing his friendship with the paedophile was much deeper than he had previously admitted.

Epstein was convicted in 2008 of procuring a child for prostitution and soliciting a prostitute, for which he served 13 months in custody.

It later emerged he had procured a large number of underage girls who were subjected to repeated rape and sexual violence.

In an email written in 2008, after Epstein's conviction, Lord Mandelson wrote: "You have to be incredibly resilient, fight for early release and be philosophical about it as much as you can. Your friends stay with you and love you."



Lord Mandelson on BBC One's Sunday with Laura Kuenssberg yesterday

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David Bowie and Iman in 2011

Iman's tattoo tribute ten years after Bowie death

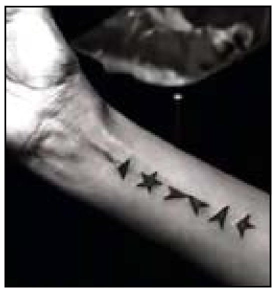
BY **TOM BRYANT**

DAVID Bowie's widow Iman has paid tribute to her husband 10 years on from his death by getting a tattoo in his honour.

The Starman singer died after an 18-month battle with liver cancer on January 10, 2016, aged 69.

Supermodel Iman marked the anniversary by getting black shapes from the cover of his final album, Blackstar, inked on her forearm.

The 70-year-old posted a video of the moment she got the tattoo – of which the shapes abstractly spell out BOWIE – and said: "Jan 10th. The pain didn't vanish... it left in its place a loving permanent mark."



Star tattoo spells out Bowie

Iman had daughter Alexandria "Lexi" Zahra Jones, 25, with David, and is stepmum to his film director son Duncan Jones, 54, whom the Heroes star had with ex-wife Angie Bowie, 76.

Iman marked what would have been his 79th birthday last week by posting a black and white photo of the five-time Grammy award winner, captioned: "Jan 8th. Happy Heavenly Birthday. Your light burns so bright in all our hearts! We love and miss you."

Iman met David when they were set up on a blind date in 1990.

He said in 2000: "My attraction to her was immediate and all-encompassing.

"That she would be my wife, in my head, was a done deal. I'd never gone after anything with such passion in all my life. I just knew she was the one."

OPINION: PAGE 12

Alison and Dermot: This is us in our new ITV home

BY **TOM BRYANT**

ALISON Hammond is clearly dotty about her new ITV home as she and Dermot O'Leary share a selfie.

The This Morning stars and fellow host Cat Deeley were all smiles about the five-mile move from White City's TV Centre to Covent Garden in the West End, as our behind-the-scenes shots show. They are sharing the newly revamped set with fellow ITV daytime shows Lorraine and Loose Women.

But the move has thrown up the odd problem. ITV wanted to put satellite equipment on the roof of the Royal Opera House but first had to find the owner of a car which was blocking access.

Viewing figures for the first week are up year on year, with social media clips recording more than 65 million views. Guests have included Gordon Ramsay cooking with daughter Tilly and Jesy Nelson talking about the heartbreaking diagnosis for her twins.

I'm a Celeb star Tom Read Wilson is to front Find The Right Words, a new This Morning slot where viewers can tell their partner how much they mean to them. He said: "I'm sort of taking charge of a bit of the how... Becoming the scribe and converting it into a sonnet, or a poem or a speech. This Morning are being like a fairy godmother and they're providing the most beautiful settings and all the bells and whistles."

● *Catch Lorraine, This Morning and Loose Women on ITV1 or via ITVX*

Behind the scenes with Cat Deeley

This Morning's Ben Shephard and Cat Deeley host a cooking feature with Gordon Ramsay and daughter Tilly; inset, Tom Read is joining the show

Alison and Dermot take a selfie

EastEnders star Derek Martin dies at age of 92

BY **DANIEL BIRD**
and **CHARLOTTE TUTTON**

EASTENDERS actor Derek Martin played the adored head and glue of the Slater clan, and following his death at 92, tributes from his own family reveal art does imitate life.

Derek had auditioned for the parts of Den Watts and Frank Butcher before being cast as lovable cabbie Charlie in 2000, a role he played until 2011 and one he described as like wearing an old coat.

The dad-of-two had hoped to remain on the BBC soap until he died, but following guest turns, his character bowed out in 2016 after having a fatal heart attack in front of mum-in-law Mo Harris.

Following his death on Saturday, his family said: "Derek wasn't just a dad to us, he was a friend and supported us through our highs and lows. He never stopped learning, he loved meeting people and was always generous with his time. We both miss him terribly."

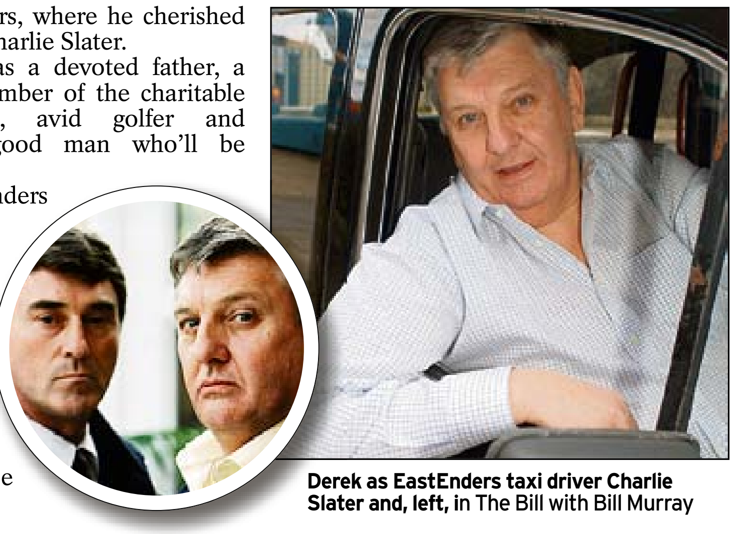
Derek, a former butcher, was born in Bow, East London. He had two sons, David and Jonathan.

He began his TV career as a stuntman before he switched to acting, appearing in The Bill and Eldorado.

His agent Sharon Henry said: "For over 50 years, Derek was a truly authentic working-class voice in British television and film... including highlights such as Law & Order and The Governor. He is best known for EastEnders, where he cherished portraying Charlie Slater.

"Derek was a devoted father, a generous member of the charitable Water Rats, avid golfer and all-around good man who'll be missed."

An EastEnders spokesman said: "Charlie would do anything for his family, and Derek would do the same for those around him."



Derek as EastEnders taxi driver Charlie Slater and, left, in The Bill with Bill Murray

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Tax raid on pharmacies is prescription for disaster

TRYING to book an appointment with a doctor is nigh on impossible unless your numbers are lucky enough to come up in the 8am phone line lottery.

So it is deeply worrying to learn that community pharmacists, upon whom an increasing number are reliant for sound medical advice and treatment, are finding it impossible to stay afloat.

Chemists have been one of the few constants on a rapidly changing high street with dedicated practitioners providing clear, calm and compassionate assistance to those who would otherwise be left helpless.

But in yet another example of the far-reaching consequences of Labour's unrelenting tax grabs, a growing number of these cherished institutions face going to the wall.

It seems extraordinary that at a time when this government has demanded that pharmacies play a leading role in its stated ambition of transforming the beleaguered NHS it should clobber them with unsustainable business rate hikes.

If anything exposes the ill-conceived nature of the demands it is that some have seen bills rise by 140% despite receiving the vast majority of their income from the NHS.

More than 650 pharmacies had to close in England and Wales last year leaving patients – the vast majority of whom are elderly and vulnerable – high and dry.

If closures continue at their current rate the prognosis for these treasured neighbourhood lifelines, as well as the much-vaunted NHS 10 Year Plan, will be terminal.

Army stretched too thin

SIR Keir Starmer has form when it comes to facing in two different directions at once, but his latest defence declaration is as laughable as it is absurd.

The Prime Minister says he is considering sending British troops to Greenland in response to US president Donald Trump ramping up his rhetoric over snatching the Danish territory.

This pronouncement comes just days after he committed to sending UK troops into Ukraine as part of a so-called Coalition of the Willing peacekeeping force.

This government seems hellbent on taking this country back to the 1970s. But at least then we had full-strength armed forces to rely on.

Now ministers risk writing cheques the military simply cannot cash

The reality is the parlous state of our fighting forces under the command of this flip-flopping forgery means we could barely fight one war, let alone two, at the moment.

Military top brass have warned for years that hollowing out the armed forces was foolhardy. They were right then and they are right now.

The Starman shines on

NO one felt the pain of David Bowie's death more than Iman, the model and actress who was married to the icon from 1992 until his death.

To mark the 10-year anniversary of his passing from cancer she has had the artwork of his final album Blackstar immortalised in a new tattoo which abstractly spells out BOWIE.

She said: "The pain didn't vanish…it left in its place a loving permanent mark."

The Starman still shines.

Nanny state is a threat to freedom lovers of all ages

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An advert on London's transport network, featuring artisan cheese, was banned

Duncan Barkes

Guest columnist

THE PERSISTENT sound of nagging under Keir Starmer's nanny state gets louder by the day. Instead of successfully dealing with the major challenges facing our country, this government is obsessed with tinkering in many areas of our lives in a way that sees it exerting even greater control over how we live.

But it comes as no great surprise as nanny stateism is in the DNA of the Labour Party. Historical examples include Tony Blair introducing the smoking ban in public places and workplaces in 2007. Instead of allowing business owners to decide what might work best for them, the state decreed that nobody could smoke in the workplace and that pubs and restaurants must also become smoke-free.

And let us not forget, it was also the Blair government that was desperate to introduce compulsory ID cards to the UK. Thankfully, the Tory-led government of 2010 put a stop to the scheme becoming a reality.

Fast-forward to 2026, and Labour is hell-bent on trying to control many more parts of our lives. As a bloke said to me in my local pub last week: "Why can't they just leave us alone?"

This year started with junk food adverts being banned on television and online. The ban, which is in force across the UK, stops food and drinks high in fat, salt and sugar being advertised on television before 9pm and at any time online.

Products impacted include pizzas, ice creams, chocolates, sweets and soft drinks.

SWEETENED bread products, along with some sandwiches, porridges and breakfast cereals are also subject to the ban. The Honey Monster must be fearing for his livelihood. Londoners have it the worst having to put up with the decisions of what appears to be their increasingly power-crazed Labour Mayor. Under Sir Sadiq Khan, adverts featuring an artisan cheese company were banned due to the high fat content of the product. He also decided that an advert featuring an air-brushed model in a bikini should also not be allowed as it was classed as "body-shaming".

Labour's fondness for banning knows no bounds. We also have the absurd Tobacco and Vapes Bill to contend with which is currently making its journey through Parliament.

This piece of legislation would make it an offence to sell tobacco products to anyone born after January 1, 2009, which would ludicrously create the situation where one fully functional adult would be able to purchase cigarettes, but another would not despite also being an adult in the eyes of the law. They are literally treating adults as children that they believe are unable to think for themselves and make informed decisions.

Sadly, the origins of the legislation were created under the last Conservative government when then Prime Minister Rishi Sunak forgot what it meant to be a proper Tory.

Not content with deciding that we are not able to make sensible choices for ourselves regarding the food we eat, what we choose to inhale or the images on adverts, Labour have now turned their attention to how we drive in this country.

Motorists are already targeted by the authorities in many pernicious ways, but the latest proposals add more stress and cost to needing to drive a car. Last week it was announced that new driving rules could see learners having to wait six months between their theory and practical tests which disproportionately deprives younger adults of much-need mobility.

Just chat to someone that lives in a rural area with a near non-existent bus or train service about the necessity of passing their driving test as soon as possible to embrace employment or educational opportunities.

> 'Labour's hell-bent on trying to control more parts of our lives'

AT THE other end of the age spectrum, we also learn that motorists aged over 70 could lose their licences if they fail compulsory eye tests every three years. These measures are usually sold under the banner of improving public health or safety which is the usual tactic deployed to shut down criticism or dissent.

The government of the day should not be wasting its time or ours on such measures while our country continues to unravel. Our car crash of a nation sees the authorities unable to tackle illegal migration, an economy that is stagnant, rising unemployment and a hospitality sector on its knees.

These are the issues voters expect ministers to get a grip on, not stuff that we are perfectly capable of making informed decisions about ourselves. Labour is taking the nanny state to a new level, and it is to the detriment of freedom lovers everywhere.

Enough is enough.

JJ Anisiobi

THIS IS HOW I SEE IT

Council must go, just like the bins

FOR a year now, Birmingham has been drowning in its own filth. A year of bin strikes, bin bags piled high like grim monuments to civic failure, and still no end in sight. This isn't a minor inconvenience, this is a public health issue, a daily indignity, and yet another example of how the poorest always pay the highest price when institutions stop working.

I've got family in Birmingham – my sister and my brother live there. So I see this through their streets, their pavements, their overflowing black bags split open by foxes and rats. And here's the brutal truth: this crisis doesn't hit everyone equally.

If you've got a car, you've got options. You can grit your teeth, load up the boot and drive your rubbish to the tip. It's a hassle, but it's doable. If you don't have a car – and many people in Birmingham don't – you're stuck.

You're left watching bags pile up outside your home with no realistic way of getting rid of them. That's life in lower socio-economic areas right now: the smell, the vermin, the embarrassment, and the sense that no one actually cares.

Birmingham City Council has failed. Let's stop dancing around it. A year on, with no resolution, no credible plan, and no urgency, this is dereliction of duty. When a council can no longer perform one of its most basic functions like collecting rubbish, it forfeits the right to carry on regardless.

Birmingham council should step aside and let central government take over.

LAST week I went to my Aunty Irene Harris's funeral and, amid the sadness, found myself blown away by the sheer number of her friends.

One group stole the show: a formidable band of mature ladies known as The Barn Girls, led by the magnificent, silver-haired Judith Mary Theresa Taylor. These women were razor-sharp, witty and possessed a sense of humour that was delightfully, unapologetically naughty.

It made me think of a recent report claiming older women are underestimated by society. These women are resilient, joyful and quietly formidable. Underestimate them at your own risk.

US plays its Trump card for lost nation

THERE is something almost comforting about the Western hard-left's ability to be so consistently inconsistent. You can always rely on them to turn up late, shout loudly, and miss the point entirely.

Take the sudden outbreak of street protests over Donald Trump apprehending Nicolas Maduro. Placards out. Megaphones blazing. Moral outrage dialled up to eleven. Apparently, now they've discovered that forcibly removing a head of state is "problematic".

Funny thing is, I don't remember seeing these same people outside the Venezuelan embassy in London when Maduro flat-out refused to step down after losing an election. No marches then. No chants. No Twitter threads about "defending democracy" – just silence.

Where were they when Venezuela collapsed? When one of the richest countries in Latin America was reduced to breadlines, blackouts and mass emigration?

When parents couldn't feed their children and zoo animals were reportedly killed for food because people were starving? That humanitarian catastrophe didn't seem to warrant a drum circle in Trafalgar Square.

But now? Now the outrage machine is fully operational – because the villain of the week is Donald Trump.

Let me be clear: Maduro wasn't "kidnapped" from a peaceful retirement. He was wanted by the United States on charges of narcoterrorism. Narcoterrorism! Not a parking ticket. Not a paperwork error. The clue is in the word terrorism, people!

Last time I checked, terrorists were still considered bad – even by people who like to preface every sentence with "as a progressive".

And here's where the hypocrisy really curdles. Kidnapping, we're told, is always wrong. No exceptions. That principle seemed remarkably flexible on October 7, when Jews were dragged from their homes by Hamas. Then, suddenly, it was "context", "complexity" and "resistance".

But God forbid a dictator accused of flooding the West with cocaine be hauled in to face a trial. Even more inconvenient for the virtue-signallers is the fact that millions of Venezuelans around the world are celebrating.

Real people. A mixture of refugees, exiles and families torn apart by Maduro's rule.

They're not weeping over abstract notions of sovereignty.

They're thanking Trump for doing what the international community spent years failing to do – ending a reign that destroyed their country.

Of course, none of that fits neatly on a placard. So instead, we get the usual theatrics – Western lefties cosplaying as revolutionaries, passionately defending a man they never had to live under, while ignoring the voices of those who did. Talk about bloody privilege!

This isn't principled anti-imperialism. It's selective outrage with a superiority complex from the usual suspects.

It's long past time this particular brand of moral posturing was called exactly what it is: empty, performative, and utterly disconnected from human reality.

Local Laila wants best for London

FOR Londoners who are serious about getting rid of Sadiq Khan, Laila Cunningham is their best chance. Having interviewed her on the Daily Expresso, I can say hand on heart that she genuinely wants what is best for both London and Britain.

Laila is eloquent, measured, smart and deeply passionate, but crucially she's also grounded.

She isn't a career politician parachuted in with focus-group slogans. She was born and raised in London, knows the city inside out and understands the day-to-day struggles people in the capital actually face. Crime, transport, housing, the cost of living aren't abstract policy areas to her, they're lived realities.

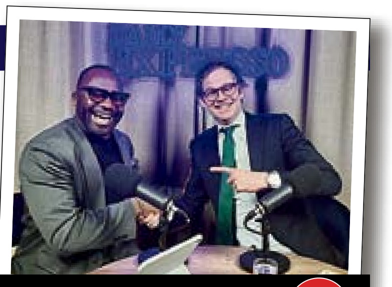
After years of spin, excuses and stagnation, Londoners deserve someone who will listen and act. If ever there was a credible opportunity for Londoners to voice their displeasure and demand change, this is it.

The choice is no longer apathy versus Khan. For once, there's a serious alternative.

NEW FACE WILL CERTAINLY MAKE ITS MARK ON THE EXPRESSO

WHAT a way to kick off the new year. The Daily Expresso is delighted to welcome our newest signing, the brilliant Mark Dolan. From now on, Mark will be our Monday man, joining us every week to dissect the biggest stories of the day.

I've known Marky Mark for many years and he's one of the sharpest, wittiest voices in the business. A comedian with a political brain and a broadcaster who isn't afraid to say what others won't. Expect laughs, insight and the occasional uncomfortable truths with my trademark no-nonsense take on the madness of modern Britain.



DAILY EXPRESSO SEE HOST JJ ANISIOBI AND GUESTS IN NEW EPISODES MONDAY TO FRIDAY ON THE EXPRESS YOUTUBE CHANNEL ▶

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When can you visit? Use this pass once before Friday 6 March 2026 during advertised opening hours.

Who can visit? – A total of 2 adults and 3 children, or 1 adult and 4 children, can use this pass (children not essential). Children are aged 5-17 inclusive. Under 5s visit free and don't count in the total.

Where can you visit? – Only certain places can accept this pass. Scan the QR code on the full page above or visit **nationaltrust.org.uk/using-your-pass** to check participating places, plan your day and book if required. If you need to pre-book the place you wish to visit, select an 'Affiliate organisation member or passholder' ticket (note – not a paid ticket). Your pass is required as well as your booking confirmation.

Passholders who cannot present the pass, or visit a non-participating place, will be charged the full admission price. You can't sell or share the pass, and only one pass is allowed per household. Full Ts&Cs can be found at **www.reachforms.co.uk/nationaltrust**

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DONATE TO THE NATIONAL TRUST'S PLANT A TREE APPEAL

The National Trust is a charity that cares for nature, beauty and history across England, Wales and Northern Ireland.

Trees are essential for life. They clean the air we breathe, lock up carbon as they grow and provide homes for wildlife.

Donate to the National Trust's Plant a Tree Appeal today and help plant and establish 20 million trees by 2030, benefiting wildlife, people and the climate for years to come. You can dedicate your donation to a loved one either in memory or as a gift and get a customisable certificate to share with them.

To make your donation you can visit **www.nationaltrust.org.uk/plant-a-tree-now** or scan the QR code here.

One hundred per cent of your donation will go towards the planting and maintenance of new trees at National Trust places. This can include the cost of the trees, tree guards, stakes, tools and mulch. The cost of the trees differs according to the size and species, and trees are chosen according to what is in keeping with the area and what will benefit local wildlife at that location. National Trust registered charity number 205846.

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SCAN ME

British skier dies in Alps avalanche

BY **GEORGE LITHGOW**

A BRITISH skier has been killed by an avalanche in the Alps.

The Englishman, believed to be in his 50s, was off-piste at the La Plagne resort in south-eastern France.

Rescue teams received an avalanche alert at 1.57pm yesterday and immediately went to the site, the resort said.

A team of around 52 people, including medics, ski school instructors and a helicopter-deployed piste dog, were called in.

The man was found after 50 minutes of searching under 8ft of snow, the resort said.

He was with a group when the avalanche hit, but was not equipped with an avalanche transceiver and was not with a professional instructor, it added.

His death was one of three fatalities in three separate avalanches in the Alps yesterday.

And three off-piste skiers were killed in similar incidents in the French Alps on Saturday, bringing the weekend toll from slides to six.

Body found under ice in frozen pond

BY **ALLISTER HAGGER**

A BODY believed to be that of a missing woman was pulled from a frozen pond after rescuers cut through the ice.

Emergency crews made the discovery in Sheffield yesterday.

South Yorkshire Police said: "Officers searching for missing woman Eileen have sadly found a body at Arbourthorne Pond in Sheffield.

"While formal identification is yet to take place, officers believe it to be that of Eileen.

"Her family has been informed and is being supported by officers at this time.

Eileen, 60, was last seen in Arbourthorne in the south east of the city between 4pm and 5pm on Saturday.

The pond is in the middle of Arbourthorne Fields, a well-used recreation space.

One witness said: "They pulled someone out of the pond. They cut through the ice.

"Kids have been walking on it and cycling on it for the last couple of days. It's really sad."

Pictures: JAMES LINSELL CLARK / SWNS

University sticks oar in over rowing brand

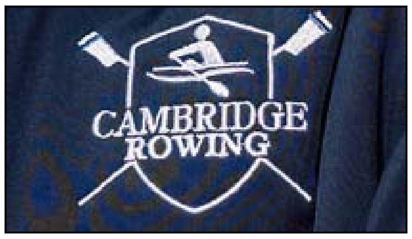
BY **JACK FIFIELD**

THE owner of a rowing business is embroiled in a four-year battle with Cambridge University – after it claimed copyright over the city's name.

Omar Terywall, who runs Cambridge Rowing Ltd, applied for a trademark for his business's logo back in January 2022 – but it was opposed by the university four months later.

His application has been left without a decision and he has now accused the institution of bullying.

The university, which dates back to 1209, holds a trademark on the word Cambridge. But Omar said it was an unfair restriction as the city was "more than just a university". He said: "To come after me, was pretty terrifying. As far as they see it, when people say they went to Cambridge, they are saying they went to Cambridge University, and when people say they rowed in Cambridge, they're saying they rowed for a Cambridge college. That's not the case at all. There are six or seven town clubs."



Club owner applied for a trademark for logo of his company

Omar, who has applied for trademarks for sports clothing, merchandising and hospitality, says his business has helped more than 5,000 people take to the River Cam, breaking down the stigma that it is a "university-only sport".

University of Cambridge said: "The University is often subject to fraudulent actors misrepresenting their association to the university. We will always try to work constructively with others who want to use our trademark for legitimate reasons."

Omar Terywall's trademark bid was thwarted by uni

£10m gift to National Trust

EXCLUSIVE

BY **MATT NIXSON**

THE National Trust has received the biggest single donation in its 131-year history – a £10million pledge from a multi-millionaire philanthropist.

Director-general Hilary McGrady described the gift from venture capitalist Humphrey Battcock as a "huge boost".

Among its priorities are the restoration of nature and rewilding at its sites, continuing moves towards net zero and the release of beavers.

There will also be more seats for visitors in its stately homes. The mega-donation is unrestricted, meaning the charity can spend it as it likes.

Mr Battcock said: "The National Trust represents what is best about our society, preserving our shared heritage for all the people.

"For over 130 years, it has been at the vanguard of progress for the UK.

"Its deep commitment to sustainability and to providing access for more people resonates with the values of its founders and reminds us of what is special about our country.

"In making this donation, I want to emphasise that it is unrestricted.

"I will have no say over how the charity spends it – and that is because I trust the National Trust to know how best this money can be used."

Trust head Hilary McGrady, Stourhead in Wiltshire and philanthropist Humphrey Battcock

Ms McGrady said: "This gift is a huge boost for the National Trust – both because of the vital work it will fund and because of the faith Humphrey has shown in our approach by making it unrestricted.

"We must halt the freefall decline in nature before it becomes irreversible, end unequal access to nature, beauty and history and inspire millions more people to care for the world around them." The trust, which has 5.3 million members and is Europe's largest conservation charity, plans to create 250,000 hectares of wildlife-rich landscape and increase access to heritage and nature.

This year it will support existing populations of white-tailed eagles in Scotland, Ireland and the Isle of Wight to expand further into England and Wales. And following its first beaver release into the wild in England at Purbeck in Dorset last year, the charity plans to release more. It also aims to increase dormice numbers.

As part of its pledge to reach net zero by 2030, the trust will continue to upgrade infrastructure, with solar panels and four air-source heat pumps being installed at Stourhead, Wiltshire.

There will be a reed-bed scheme to treat wastewater from visitor facilities at Clents Hill near Birmingham.

The trust also plans to bring live broadcasts of seals, puffins and beavers to public spaces in towns and cities with "seal mobiles".

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Ride and run in Leicestershire

Flood fears over thaw and rainfall

BY **ROSIE SHEAD**

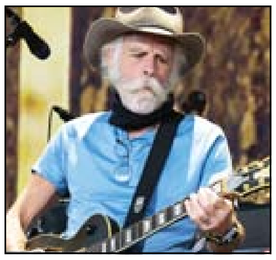
WARNINGS are in place for heavy rain and strong winds of up to 85mph before warmer, unsettled weather this week, the Met Office has said.

It comes after Storm Goretti wrought havoc in the South West with winds of nearly 100mph.

As temperatures rise, the Met Office warned snow melt and a "rapid thaw" across the North, combined with rain, could lead to floods.

Meteorologist Tom Morgan said: "With the rainfall, the higher temperatures, we will see some flooding."

Meanwhile, South East Water was trying to restore supplies for thousands of residents across Kent and Sussex by last night after the impact of the storm and cold weather.



Grateful Dead legend Weir

Guitar hero Bob Weir is dead at 78

BY **JOHN BESLEY**

FOUNDING Grateful Dead band member Bob Weir has died aged 78.

The guitarist and singer succumbed to lung problems, said a statement on his Instagram page.

It added: "He transitioned peacefully, surrounded by loved ones, after courageously beating cancer as only Bobby could.

"Bobby will forever be a guiding force whose unique artistry reshaped American music."

The Grateful Dead fused rock, jazz and folk which contributed to the countercultural generation of the 1960s.

In June, Weir played his first London show in more than two decades at the Royal Albert Hall with the Royal Philharmonic.

DNA identified Marine missing for 65 years

David Williams, inset, who was found by the RIU is buried with full military honours in 2016

BY **GILES SHELDRICK**

THE crack recovery and identification unit of the Royal Netherlands Army helped to solve the riddle of a Royal Marine missing for 65 years.

After the remains of Second World War hero David Williams were found in 2010, experts confirmed his identity through exhaustive DNA testing.

The soldier from Colwyn Bay, North Wales, joined the commando force in 1940. On February 5, 1945, he was among three who died trying to recover an assault boat in a mission aborted due to weather. They died near Waalwijk, North Brabant, but the 22-year-old's body was the only one not recovered. It rested near the banks of the River Maas for more than six decades.

DNA testing found he had a half-sister Sheila Clough who was unaware of her half-brother as he was given up for adoption. Mr Williams was buried with full military honours in 2016. Capt Geert Jonker of the RIU said: "It's like a journey through time, identifying a victim is giving back their identity, linking them to people and making them human. It's a privilege to be involved."

Debt of honour

80 years on, a dedicated team continues painstaking search for fallen war heroes

BY **GILES SHELDRICK**

THE Netherlands continues to repay a debt of gratitude more than 80 years after it was liberated.

In the final stages of the Second World War it became clear that tens of thousands of Dutch, Allied, and German soldiers had been killed in the country.

There had also been a huge number of civilian casualties, including concentration camp victims, deaths from bomb raids and executed resistance workers slaughtered trying to reach Allied lines.

Many soldiers reported missing lay dead on the battlefields – in unmarked graves, temporary cemeteries and even charred vehicles, tanks, crashed aircraft or shipwrecks.

The task of identifying and laying to rest the heroes who fought for freedom fell to the recovery and identification unit of the Royal Netherlands Army.

Care

Set up in 1945, it was tasked with locating and exhuming the fallen and carrying out dignified burials to bring closure to families.

Today its painstaking work continues, fulfilling a promise to "leave no-one behind".

Now under the command of Captain Geert Jonker, three identification specialists work on between 30 to 40 Second World War cases each year using DNA, dental records and circumstantial evidence to identify remains.

The painstaking work remains true to the unit's founding values and cements a friendship that exists between a nation and its people that will be forever grateful to the British servicemen who rescued it from the clutches of the Nazis.

Capt Jonker said: "The Dutch government considers the work of the RIU to be a duty of care and a debt of honour, not only to the fallen who gave their lives so the Netherlands could be free, but also to their comrades and to next of kin, who sometimes have had to wait for over 80 years for their loved ones to be identified and their fates solved.

Dutch Army's recovery unit digs for remains. Above, in the lab for identification

"Remains of missing Second World War soldiers keep being found in the Netherlands, mainly individual field graves, but also entire [often mixed] aircrews of Allied bombers. The unit's work restores names and personal histories to lost soldiers."

From its osteo-archaeological laboratory at the military barracks in Soesterberg, experts use forensic archaeology, conflict archaeology, odontology, military history, DNA and isotope testing to identify the dead and re-open cold cases.

The RIU recovers at least two aircraft each year with a joint military-civilian recovery team.

One recent recovery hopes to solve a tragedy that has remained unsolved for more than eight decades. Experts found parts of a so-far unidentified Lancaster Bomber on the former sea floor which is now a forest near the village of Dronten in Flevoland, a province of reclaimed land. Some skeletal remains have been found, assumed to belong to an individual the RIU recovered when the aircraft was first found in 1959.

Some 67 years ago remains were located in a gun turret and buried as "unknown airmen" in the Jonkerbos War Cemetery in Nijmegen, where 1,629 Commonwealth servicemen from the Second World War, 99 of them unidentified, are laid to rest.

More than 5,500 aircraft were lost in the Netherlands during the conflict with a large number buried in the ground as remains.

The Dutch government considers the role of the RIU to be of such moral importance it supports work "without reservation" by committing the funds necessary.

Gratitude

Since its establishment the RIU, part of the Royal Logistic Corps, has recovered and identified tens of thousands of war victims.

Dick Goodwin, vice president of the Taxi Charity for Military Veterans, said: "The work carried out by the small team at the Dutch Army's recovery and identification unit is nothing short of remarkable.

"We owe them an enormous debt of gratitude."

The work of the RIU continues in the wake of the death last week of Peter Colthup, the last glider pilot to serve at the Battle of Arnhem, aged 103. He took part in the airborne assault Operation Market Garden in September 1944 aimed at capturing key bridges in the Netherlands to create a direct route to Germany.

Peter, from Whitstable, Kent, also saw action in North Africa and Sicily.

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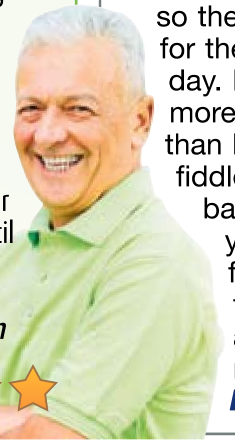

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Pictures: PHIL TAYLOR / SWNS

Police at scene with wreckage at the site of the fatal crash between a red Seat and a taxi, left, in the early hours yesterday

Four dead in horror car crash

BY **JAN DISLEY**

THREE teenagers and a man in his 50s were killed as a car and a taxi crashed in the early hours yesterday.

A driver and two passengers, believed to be aged 18 and 19, died as their red Seat Leon collided with a Citroen C4 Picasso taxi, whose driver was also killed.

Five injured passengers have been taken to hospital following the tragedy in Bolton, Greater Manchester.

Formal identification of the victims was yet to take place last night.

But the three Seat victims were named locally as Muhammad Danyaal Asghar Ali, Farhan Patel and Mohammed Jibrael Mukhtar, all from the Bolton area.

The cab driver was named as Mosrab Ali, of nearby Blackburn.

Their families are being supported by specialist officers.

The injured were being treated in hospital last night following the accident in the residential area of Deane.

CCTV seemed to show the Seat travelling at speed before smashing head-on into the taxi, which was driving in the opposite direction.

Some of the victims had to be cut free from the wreckage.

Three fire engines and a technical response unit were at the scene until just before 3am. One resident said the crash happened at exactly 12.44am as they were texting their partner and heard "a very loud bang".

They added: "I heard a woman screaming very loudly straight after the accident and then a few times afterwards. She was a pedestrian who saw the accident and started running.

"The police had to pull her back because she was close to fainting."

One man, who saw the immediate aftermath of the crash, said: "I heard the loudest bang and I [saw] them doing CPR on [a] person who was in the car accident."

Challenging

Chief Inspector Helen McCormick of Greater Manchester Police said it had been "a particularly challenging scene" and thanked first responders who worked through the night.

The force's Serious Collision Investigation Unit appealed for witnesses and footage.

Bolton Council of Mosques, which identified the victims on its social media site, said it was closely supporting the affected families and liaising with authorities.

Scam calls menace on the rise

BY **VICKY SHAW**

PEOPLE are now receiving an average of two scam calls every week, research suggests.

Some 57% of people believe suspect calls are becoming more frequent and 28% were not confident in spotting a genuine call.

Nationwide Building Society, which commissioned the survey, has introduced a new feature to build on its "scam checker" service.

It enables customers to instantly confirm whether the call they are on is genuine through their banking app.

Fraudsters may ask victims to share personal details, provide security codes, transfer money or even to lie to their bank or building society, Nationwide warned.

Jim Winters, the lender's director of economic crime, said: "We are programmed to trust people and when someone uses clever tactics and well-practised scripts – often putting us under pressure or making us panic – it can be hard to know who to trust."

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SAVE THE

From rising household bills to a fall in the Cash ISA allowance, another tough year beckons for consumers. Here are the key deadlines and rate changes that could affect your finances

By **Harvey Jones**
Personal Finance Editor

EARLY 2026: ENERGY, INFLATION AND TAX DEADLINES

THE year begins with continued pressure from household bills, especially as Ofgem's new energy price cap takes effect. The good news is that it is rising by just 0.2%, increasing the average typical annual dual-fuel gas and electricity bill by £3 to £1,758.

The price cap applies to direct debit customers, while those who pay on receipt of bill often face higher charges. Some tariffs are now cheaper than the price cap, so check comparison sites to see if you can secure a better deal.

Cornwall Insight forecasts that the energy cap will be cut in April by £138 to £1,620. That reflects the £150 cut to household energy bills announced by Chancellor Rachel Reeves in her November Budget. However, the cost will be covered by taxpayers instead.

JANUARY ALSO BRINGS A KEY TAX DEADLINE

ANYONE who needs to file a self-assessment tax return for the 2024/25 tax year must do so online by January 31. Any tax due must also be paid by the same date. More pensioners are being pulled into the system for the first time, as frozen tax thresholds collide with rising state pensions and modest investment income.

Miss the deadline and HMRC automatically issues a £100 fine, even if no tax is owed. More than a million people missed it last year and had to pay.

INTEREST RATES: RELIEF, BUT NO QUICK FIXES

MORTGAGE holders may feel some relief early in the year as the Bank of England rate cut to 3.75% in December starts to feed through. Further cuts are expected this year as inflation falls, with some suggesting rates could end the year at just 3%.

The Monetary Policy Committee which sets the rates will hold eight meetings in total this year, with the first scheduled for February 5. Falling interest rates are good news for mortgage borrowers, but bad news for savers. Shopping around will be essential to secure the best possible deals.

SPRING PRESSURE: TAXES AND DISAPPEARING SUPPORT

FEBRUARY brings higher alcohol duty, rising by 3.66% in line with the retail price index. With consumer price inflation expected to fall as low as 2% this year, this represents a real-terms increase.

In March the government's Household Support Fund, which helped councils support vulnerable residents with essentials, is due to expire.

APRIL: THE MOST EXPENSIVE MONTH OF THE YEAR

ONCE again, it's shaping up to be another "awful April". Council tax bills are expected to rise, with many pushing through increases close to the 5% cap.

Water bills jumped by 26% last April to £603, and they could rise by double digits again this year, as providers fund infrastructure investment and network upgrades. Final prices are set by regulator Ofwat and published between January and March, and will vary by supplier.

The TV licence will rise in line with September's inflation rate, increasing by 3.8% from £174.50 to £181.13. Vehicle excise duty rates will also rise, with most drivers expected to pay £195. If your vehicle's list price exceeded £40,000 when first sold (rising to £50,000 if it's electric), you may also be liable for the "luxury car tax". This adds £425 to annual VED costs, lifting the total to £620.

Prescription charges remain frozen at £9.90 per item in England and are free in Wales, Scotland and Northern Ireland. Regulated train fares will also be frozen, for the first time in 30 years.

In April, the national living wage for those aged 21 and over rises by 4.1% to £12.71 an hour, adding £900 a year to a full-time worker's earnings. The two-child benefit cap also ends in April, allowing families to claim universal credit and child tax credits for any number of children.

Falling interest rates are bad news for savers

Paperwork needs to be in order for online tax returns

Reeves raised taxes by £40bn in her first Budget and by £26bn in her second. She's refused to rule out more

KEY DATES AT A GLANCE

JANUARY

1: New Ofgem energy price cap comes into force.
31: Deadline to submit and pay 2024/25 self-assessment tax returns, plus any balancing payment and first payment on account.
25: (approx): Ofgem announces energy price cap for April.

FEBRUARY

5: Bank of England interest rate decision.

MARCH

3: Chancellor Rachel Reeves delivers her 2026 Spring Statement.

APRIL

1: National living wage rises, two-child benefit cap lifted, council tax, water, broadband and

TAX YEAR RESET: STEALTH TAXES BITE HARDER

APRIL 6 marks the start of the new tax year, and another year of frozen income tax thresholds. The good news is that the state pension will rise by 4.8% under the triple lock, based on last year's earnings element.

The new state pension, paid to those retiring from April 6, 2016, will rise from £11,973 a year to £12,548. That's an

DATES

What will the Chancellor's red box hold this year?

More pressure on bills as Ofgem's new energy price cap takes effect

September will be the end of the road for fuel duty cut

other household bills typically rise.
6: State pension rises. Start of the 2026/27 tax year. Dividend tax rates rise by 2% to 10.75% for basic-rate and 35.75% for higher-rate taxpayers. Digital income tax begins for some self-employed people and landlords.

SEPTEMBER

Temporary fuel duty cut starts to be phased out.

OCTOBER

5: Deadline to register for self-assessment for the 2025/26 tax year if newly self-employed or receiving untaxed income.
31: Deadline for paper self-assessment tax returns for 2025/26.

OCTOBER OR NOVEMBER

The country will hold its breath as the Chancellor reveals her Autumn Budget.

increase of £575 for those receiving the full amount. If inflation continues to fall, this should deliver a real-terms rise.

Older pensioners who retired before that date receive the old basic state pension instead. This will also rise by 4.8%, lifting it from around £9,175 a year to a maximum of £9,615. That's an increase of around £440.

The poorest pensioners will see their income topped up through pension credit, which boosts incomes to £11,809 a year for singles or £18,023 for couples. From April 6, these will rise by 4.8% to £12,376 and £18,889 respectively.

Many pensioners also receive an additional state pension, such as Serps (or State Second Pension). However, this is not protected by the triple lock and rises instead in line with September's consumer price inflation.

Last year's figure of 3.8% was lower than earnings growth, meaning a smaller increase in percentage terms.

The triple lock is expected to remain in place for April 2027. The catch is that the state pension is on course to exceed the £12,570 personal allowance, as the 2.5% backstop would lift it to £12,862, making £292 taxable.

Rachel Reeves has said pensioners who only receive the new state pension will not pay tax on it.

However, those on the old system may face tax on their additional state pension if it pushes them over the personal allowance.

DIVIDEND TAX RISE HITS INVESTORS

APRIL also brings higher dividend tax rates, following a move by Reeves in her recent Budget to add a 2% surcharge to dividend tax on shares held outside a Stocks and Shares ISA.

Basic-rate taxpayers will pay 10.75%, while higher-rate taxpayers face 35.75%. Additional rate dividend tax remains frozen at 39.35%.

The annual tax-free dividend allowance is now just £500, making it increasingly punishing to hold investments outside ISAs or pensions.

Some may look to sell shares and buy them back inside an ISA, known as Bed & ISA, but should be careful not to trigger capital gains tax on gains above £3,000 a year.

Couples should review how assets are shared. Transferring income-producing assets between spouses can reduce tax, while the marriage allowance lets a non-taxpayer pass £1,260 of unused allowance to a basic-rate partner.

Couples can also spread gains across tax years, and potentially use both partners' annual CGT exemptions.

Using ISAs effectively has never been more important. The annual ISA allowance remains £20,000 a year, including the Cash ISA element.

The Cash ISA allowance will be cut to £12,000 a year for the under-65s from April 2027.

Those approaching retirement should make full use of today's high limit while they can.

INHERITANCE TAX: MORE ESTATES PULLED IN

THE thresholds for inheritance tax remain frozen until 2031. The £325,000 nil-rate band has been frozen since 2009, while the additional £175,000 main residence allowance, introduced in April 2017, is also stuck. As if that wasn't bad enough, the £3,000 annual gift allowance hasn't risen since 1981.

Reeves is planning to introduce inheritance tax on unused defined contribution pension pots. This will not take effect until April 2027, but pension savers may want to seek advice now to reduce their exposure.

LATER IN THE YEAR: FUEL, BUDGETS AND SPENDING TRAPS

MOTORISTS will pay more after the temporary 5p cut to fuel duty, introduced in 2022 to ease the cost-of-living crisis, comes to an end in September. The RAC reckons this will cost motorists an extra £3 each time they fill up.

Tobacco duty rates rise from October, increasing by RPI plus two percentage points under the tobacco duty escalator. An additional £2.20 charge will apply per 100 cigarettes, and a flat rate of £2.20 per 10 millilitres of vaping liquid.

Autumn brings another Budget. Rachel Reeves raised taxes by £40billion in her first Budget and £26billion in her second. She has refused to rule out another round this year.

Either way, the tax burden will continue to grow as long as thresholds remain frozen.

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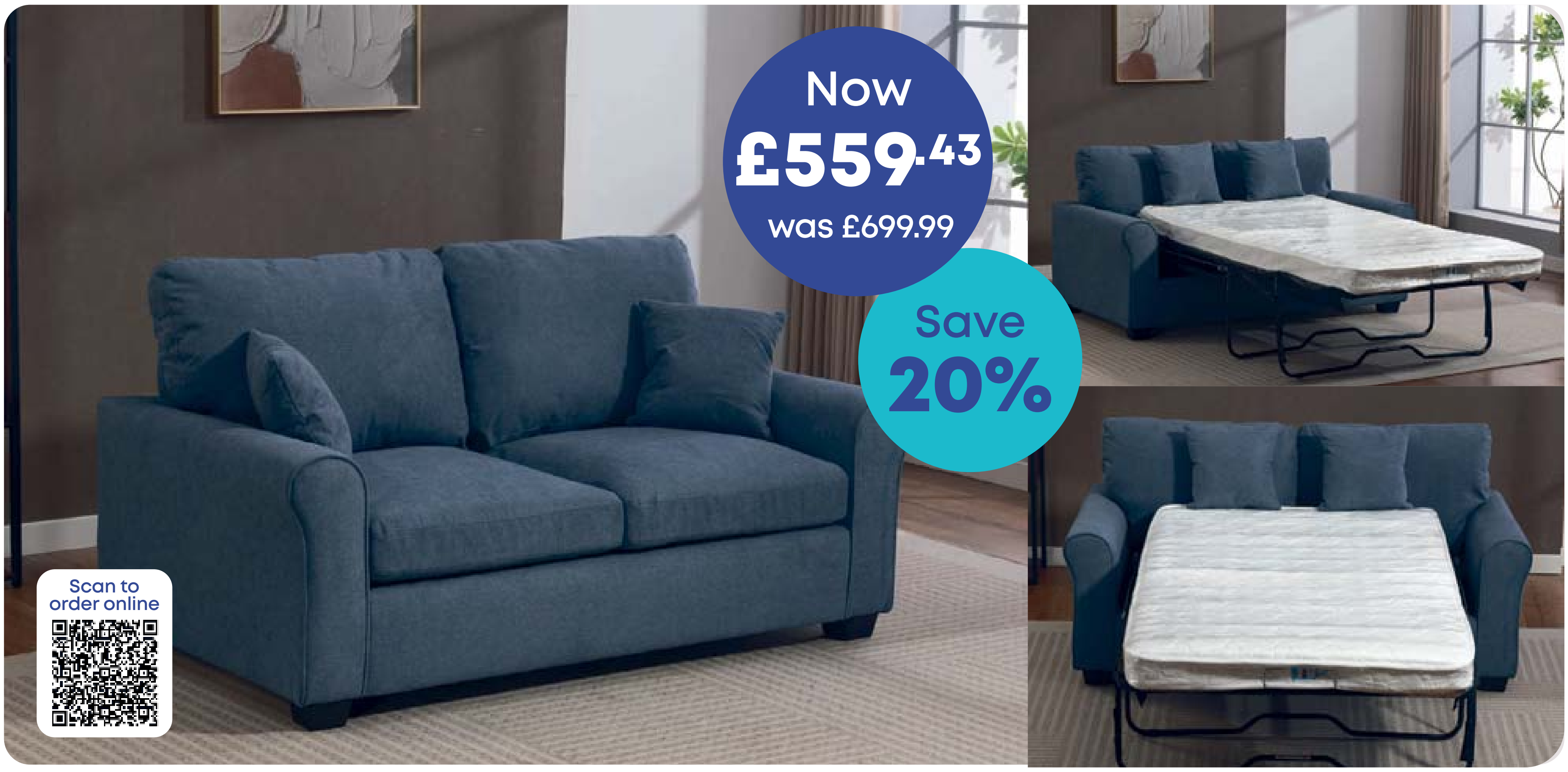

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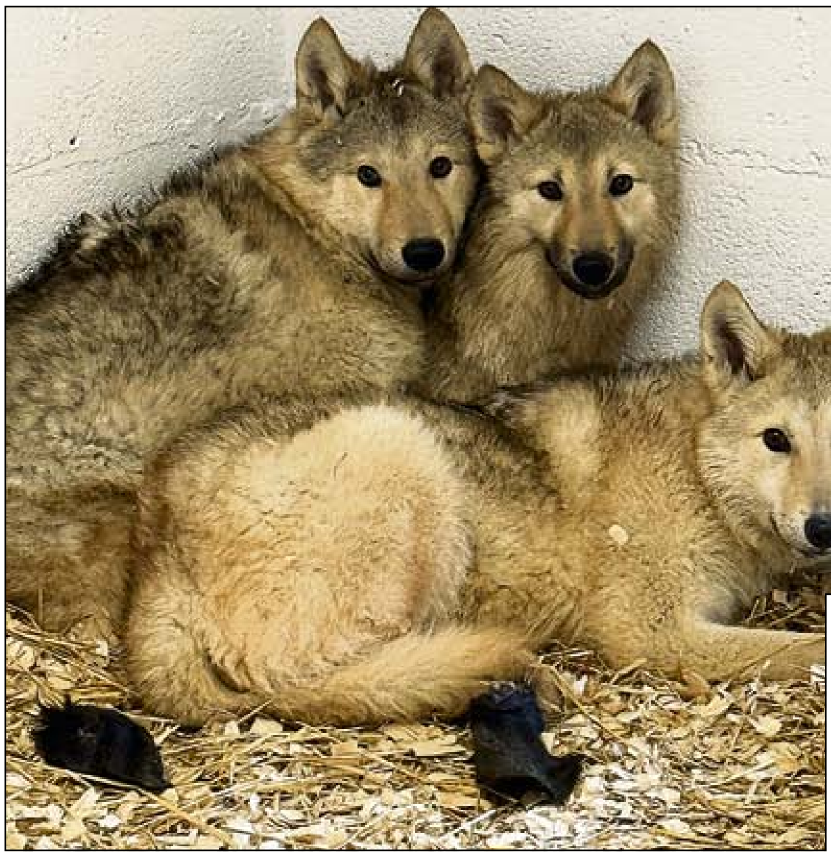

Creatures found howling in city at Halloween ARE a type of wolf!

BY **CHRIS RICHES**

THESE three large "wolves" found roaming Lancashire streets the day before Halloween have finally been identified by DNA testing.

Preston City Council wrongly initially identified them as dirty German shepherds after they were found howling.

Now siblings Little Timmy, Boo and Brooke have been identified as wolf dogs – a hybrid from mating a wolf with a domestic canine. They are legal to own as long as they are three generations away from the original parent wolf.

First and second generation wolf-dogs, that have one direct wolf parent, require a licence.

The trio are now being cared for by specialist charity Wolves of Wiltshire. Trustee Oli Barrington said they were now in "comfortable, safe and recovering from the ordeal" after being found emaciated.

He said the focus was on the animals' welfare and happiness and his centre was not planning to rehabilitate the animals – or make them into pets.

And he added: "They will be whatever they want to be here.

"If they want a life with minimal human contact, then that's what they'll have."

Police seize £24m haul of cannabis in farm raid

BY **CHRIS RICHES**

TWO tons of cannabis with an estimated street value of £24million was seized from a farm in what was believed to be one of the country's biggest ever hauls of the Class B drug.

Police raiding buildings at the tenant farm found white sacks stuffed with cannabis, stacked so high that they almost reached the ceiling.

Two men were arrested at the scene and yesterday charged with conspiracy to supply cannabis.

Greater Manchester Police raided Leigh Tenement Farm in Blackrod, Bolton, last Friday, acting on information.

Bricks

The force said: "On Friday 9 January, officers executed a warrant at Leigh Tenement Farm in Blackrod, Bolton. Within the unit, officers recovered an estimated two tons of cannabis with an estimated street value of around £24million.

"Two men, aged 27 and 35, were arrested at the scene on suspicion of drug offences. This is believed to be one of the largest single UK seizures of cannabis."

Pictures show carefully stacked shrink-wrap clear plastic "bricks" of cannabis placed in waist-high piles.

White sacks stuffed with the Class B drug were found stacked high in a farm building

Detective Superintendent Joe Harrop from GMP's Serious Crime Division said: "Our officers uncovered a large-scale and sophisticated illegal operation at the location, housing a significant volume of illegal drugs.

"This seizure marks a major success for our officers – it removes a major source of harm, disrupts criminal networks and helps make neighbourhoods safer.

"Our work demonstrates the ongoing commitment to targeting large-scale drug production and distribution and is key in safeguarding vulnerable people.

"It sends a clear message that this kind of criminal activity will not be tolerated and our officers will work hard to ensure those responsible are brought to justice."

Musa Kala, 35, and Raheem Latif, 27, both of Bolton, are in custody and due to appear at Manchester city magistrates' court today.

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Today's answers can be found in the puzzles pullout

										YOUR ANSWERS
Beginner	42	+27	÷3	-8	x5	-18	2/3 OF THIS	÷2	+28	
Intermediate	15	x8	INCREASE BY 60%	-56	3/4 OF THIS	+154	x2	TAKE THE CUBE ROOT	+45	
Advanced	192	INCREASE BY 75%	÷16	+154	4/5 OF THIS	-48	x4	+187	÷37	

THE NATIONAL LOTTERY

SATURDAY, JANUARY 10
LOTTERY
5 6 13 18 22 53 9

THUNDERBALL
23 29 31 38 39 5

FRIDAY, JANUARY 9
EUROMILLIONS
1 7 10 26 34 2 4

THUNDERBALL
3 8 15 32 36 5

THURSDAY, JANUARY 8
SET FOR LIFE
13 17 26 29 46 4

THE HEALTH LOTTERY

SUNDAY, JANUARY 11
1 2 10 14 34 44

SATURDAY, JANUARY 10
2 10 15 20 32 45

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PHONE POLL RESULTS

We asked in our poll on Friday:

Are Labour policies at risk of killing off the great British pub?

YES: 91%

NO: 9%

SUDOKU

Fill in all the squares so that each row, each column, and each 3x3 square contain all the digits from 1 to 9

8	1		5		7			2
				2	3		1	8
2	3				6	7		
9			4				8	
5		1		7		9		3
	8				9			1
			3			8		
7	6		1	8			9	
4		8			2		3	5

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SATURDAY'S SOLUTION

3	5	7	9	8	6	1	2	4
1	6	4	2	5	3	7	9	8
8	2	9	7	4	1	6	5	3
5	4	6	1	7	2	3	8	9
9	8	3	4	6	5	2	1	7
2	7	1	3	9	8	4	6	5
6	3	8	5	2	4	9	7	1
7	1	2	8	3	9	5	4	6
4	9	5	6	1	7	8	3	2

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Hope Roberts with her record-breaking Jellycat collection

Hope's the top Cat

BY **FAYE MAYERN**

A TEENAGER has been awarded a Guinness World Record for the largest collection of Jellycat memorabilia – and said her haul is still growing.

Hope Roberts, 19, began collecting two years ago and had her achievement verified in December after a stock take counted 877 Jellycat items.

A further inventory means the collection now stands at 1,021 of the British firm's cuddly toys, keyrings, stickers and other items. Hope, who runs a TikTok account with 29,000 followers and an Instagram account with 22,000, said: "Jellycats bring me so much joy and the community is lovely."

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Wonder gel jab has helped me see again

BY **DAN WARBURTON**

Consultant ophthalmologist Harry Petrushkin at Moorfields Eye hospital examines Nicki, also inset

A WONDER jab has restored a woman's sight after specialists pumped up her eye with gel.

Nicki Guy, 47, lost her vision after suffering from hypotony – or low eye pressure.

But now she says a pioneering treatment has cured her and she hopes to be able to start driving again – and take her son skiing.

Nicki was the first patient to have her left eye injected with a low-cost gel, as part of a project led by experts at Moorfields Eye Hospital in London. It allows medics to pump up the eye like a football, filling empty spaces with the gel.

Nicki said: "With hypotony, your eye crumples like a paper bag. This is the annoying thing – I've got really good vision behind the folds that cause the lack of vision. A lot of patients perhaps won't have that, but the signal between my optic nerve and my brain, it's there. It was just this collapse of the structure."

A communications officer for sight loss charity Thomas Pocklington Trust, Nicki began treatment in 2019.

She started having eye issues after the birth of her son when she was diagnosed with chronic anterior uveitis, which causes inflammation at the front of the eye in 2017. It leads to redness, pain, sensitivity to light and blurred vision. She sadly lost all vision in her right eye. The condition is usually treated with injections of silicone oil to boost eye pressure.

But specialists at Moorfields said this can cause toxicity to the eye and instead tried treating people with jabs of HPMC – hydroxypropyl methylcellulose.

Nicki, from London, was one of eight patients to have injections every two weeks for a year. She said: "If it stays like this for the rest of my life, I would just be exceedingly happy.

"There's still challenges, don't get me wrong. There are still challenges with my vision as it is, but from where I was, it's just phenomenal."

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SUNDAY TRAVEL, GARDENING & REVIEWS

BEAUTY
GET THAT GLOW

Edited by **LAURA MULLEY**

READY, SET, GLOW

To help you to start the year feeling refreshed and ready to go, OK! Beauty Box has put together this Reset & Renew Edit, a bumper bundle of top beauty products containing 11 treats from brands including Rodial, Aromatherapy Associates and BeautyPRO. They're all perfect for pampering yourself. It's all worth over £205 in total but available to buy for £39.99 from okbeautybox.co.uk

Warm thoughts

Jo Malone London is starting 2026 with serious oomph, as its January fragrance launch, Amber Labdanum Cologne Intense, from £116 for 50ml, isn't doing things by halves. Inspired by sunny Andalusia, this sumptuous, unisex scent features notes of bitter orange, labdanum, amber and roasted oak, and is just the thing to mentally transport you to warmer climes on grey winter days.

LIFT OFF

If I had forgotten my mascara and had one minute to run into Boots to buy one, I'd head straight to the L'Oréal Paris counter every time; no one does high street mascaras better, IMO. The brand has just launched Telescopic Extensionist Mascara, £13.99, a lengthening and lifting formula that, in L'Oréal's tests, had lashes reaching up to 5mm closer to the brows, for an effect that rivals pro extensions.

IMAGE CREDIT: GETTY

HAIR TO STAY

There are few people that give me hair envy more so than Queer Eye star Jonathan Van Ness, and so I jump on anything his beauty brand, JVN Hair, launches – and this new FlexHold Strengthening Hairspray, £27, is no exception. It controls frizz, delivers Hollywood-worthy shine and keeps your style in place without any crunchiness, and also contains the added bonus of quinoa protein to give hair a health boost.

HEALTH & BEAUTY

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LANEIGE
WATER BANK
Aqua Facial
Soin Aqua Facial
Retexturize Hydrate Glow
Retexturise Hydrate Éclat

MAKE A SPLASH

Made up of a blend of exfoliating acids and hydrating ingredients in a lightweight serum, Laneige's Water Bank Aqua Facial, £33, is probably the nearest thing you can get to a high-tech facial in a tube. Skin feels quenched, and testers reported it delivered an immediate "glass skin" glow. Find it at Space NK now before it rolls out into wider retailers on January 26.

LANEIGE
WATER BANK

HEALTH LIVE LIFE WELL

Edited by **MATT NIXSON AND HANNA GEISSLER**

Will 2026 be the year we ditch fads and focus on simple habits?

Get ready to reset how you think about health, with seven smart ideas BY MATT NIXSON

FRESH APPROACH
Dr Sheena Kumar

Health experts say 2026 will be the year we move away from complicated wellness routines and refocus on simple habits that genuinely support long-term health. With busy lives, rising costs and growing concern about energy, heart health and ageing well, these are the key health movements set to shape the months to come.

1 GRABBING HOLD OF GLIMMERS

After years of stress and constant digital noise, psychologists say 2026 will be about retraining the brain to notice small moments of calm and positivity, known as "glimmers". A glimmer is the opposite of a trigger. It is a cue or moment that sparks feelings of joy, warmth or nostalgia.

"This can be anything from watching a beautiful sunrise or taking a sip of delicious coffee," explains chartered psychologist Dr Sheena Kumar. Research suggests practices linked to gratitude and positive attention are linked to improved emotional regulation and overall wellbeing."

"They shift attention, deepen relationships, improve emotional regulation and help build a positive feedback loop," explains Dr Kumar.

"Like a muscle, the more we practice and notice things we're grateful for, the more our brain will be programmed to find these glimmers and be thankful for them."

HOW TO DO IT

Notice small moments that make you smile and pause briefly to acknowledge them. You can also create glimmers deliberately by listening to your favourite song or lighting a candle.

"And try habit stacking," suggests Dr Kumar. "Research shows we're more likely to incorporate a new behaviour on top of an existing habit, so adding 30 seconds of gratefulness when you brush your teeth or sip your morning tea can be great ways to remember to build it into your day."

2 EXERCISE SNACKING

With around one in three UK adults not meeting recommended activity levels, experts are encouraging "exercise snacking", short bursts of movement spread throughout the day.

This approach helps counter long periods of sitting and supports heart health, blood sugar control and muscle strength. Research suggests benefits can be seen at much lower step counts than the traditional 10,000-a-day target.

HOW TO DO IT

Climb stairs briskly, carry shopping bags, dance while cooking or play actively with children or pets. Short, regular bursts of movement all count.

3 FIBRE-MAXXING

After years of protein-focused diets, fibre is finally returning to the spotlight. UK guidelines recommend adults consume around 30g of fibre per day, yet the average intake is around 18g, meaning more than 90% of people are falling short.

"I'm not generally a fan of nutrition fads, but if this trend encourages people to eat more fibre, it can only be a good thing," says nutritionist Rob Hobson.

"Fibre plays a vital role in gut health, helps prevent constipation and is linked to a lower risk of conditions such as heart disease, stroke, type 2 diabetes and bowel cancer. A major 2019 review found that higher-fibre diets were associated with a 25% reduction in the risk of several of these diseases."

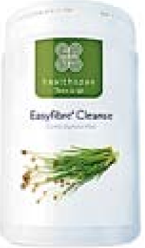
HOW TO DO IT

Build your fibre intake gradually to avoid bloating or an upset tummy. You should aim for variety by including vegetables, fruit, pulses, wholegrains, nuts and seeds.

"Small swaps soon add up, so add a handful of nuts and berries to breakfast cereal, stir lentils or chickpeas into curries and pasta sauces, or use beans in place of potatoes as a side dish," adds Rob.

"And for some people, a fibre supplement can also help bridge the gap."

TRY: Healthspan Easyfibre Cleanse (£21.99, healthspan. co.uk).



4 ELECTROLYTES: RISE OF SMARTER HYDRATION

Hydration is set to be a major health focus in 2026, driven by increasingly active lifestyles and rising temperatures. Experts warn dehydration is often mistaken for fatigue, headaches or poor concentration.

Viridian Nutrition Director Aimee Benbow says electrolytes are becoming more relevant beyond sport.

"Staying hydrated is crucial for overall health but with temperatures hitting record highs year-after-year and heatwaves becoming more frequent, we're expecting to see a huge spike in electrolytes as a way to replenish fluids, and not just for those with active lifestyles," she explains.

Electrolytes help regulate fluid balance, nerve signalling and muscle function.

NHS GP and ultra runner Dr Siobhan Brennan adds: "It's important to keep on top of your body's electrolyte levels when training as they're essential minerals that the body needs to stay hydrated.

"As an ultra-runner, this is particularly important, taking part in prolonged training sessions and competition events.

"I make electrolyte drinks part of my essential running routine. I use after intense gym sessions but also in my day-to-day routine as part of active recovery, to keep me topped up and be the best version of myself. This ensures I am always repleted and ready to face what the next day brings."

HOW TO DO IT

Check labels carefully, as many hydration drinks are high in sugar or artificial additives.

Nutrition Director Aimee adds: "To ensure people get the full health benefits from electrolytes, it's important to choose mineral salts which are extracted from a clean and natural source and bottled without the need for preservatives or anything artificial."

Try: Viridian Electrolyte Fix Liquid, from viridian-nutrition.com or health food stores.

Electrolyte Fix
VIRIDIAN

5 CREATING A CREATINE HABIT

Once associated mainly with bodybuilders, creatine is now moving into the mainstream.

"This shift is driven by a growing body of research showing creatine's benefits extend beyond muscle strength and performance," says Rob Hobson. "Emerging evidence suggests it may play a role in supporting cognitive function, particularly during periods of mental fatigue, stress or ageing, while other early research is exploring its potential to support energy levels and brain function during menopause."

Creatine is made naturally by the body and fuels short bursts of intense activity. Levels used in studies are far higher than can be achieved through diet alone.

HOW TO DO IT

Creatine is considered safe for most healthy adults when used appropriately. "However, higher doses can cause digestive discomfort in some people so it's sensible to start low and build up," says Rob. "Research suggests a daily dose of 3-5g is sufficient to experience benefits."

Try: Healthspan Elite All Blacks Creatine Monohydrate (£43.99, healthspan.co.uk).

6 WEIGHTING IT OUT

Strength training is becoming increasingly popular as research highlights its importance for metabolic health, balance and independence as we age. Research published in the journal Biology found that just 90 minutes of resistance training per week was linked with improvements in biological age markers.

HOW TO DO IT

You do not need a gym membership to start. Bodyweight exercises such as squats, lunges, push-ups and planks are effective. Resistance can be added gradually using light weights or household items.

> ***Creatine may have potential to support energy levels and brain function***

7 HOLIDAY HEALTH BREAKS

Wellness and travel writer Mars Webb says one of the clearest UK health movements for 2026 is the way travel is being used to support wellbeing, rather than simply offering an escape from everyday life.

Instead of abandoning healthy habits while away, people are choosing holidays that encourage movement, better sleep, social connection and stress reduction. The emphasis is on restoration rather than transformation.

Travel editors at Condé Nast Traveller have noted that wellness travel in 2026 will feel "less like a doctor's visit and more like a holiday", with wellbeing woven into the experience rather than treated as a programme.

HOW TO DO IT

Look for holidays that support sleep, gentle movement and social time without rigid schedules and cater for different fitness levels. Resorts such as The BodyHoliday (thebodyholiday.com) offer this balance, combining daily activity, relaxation and luxury in a sociable setting without pressure.

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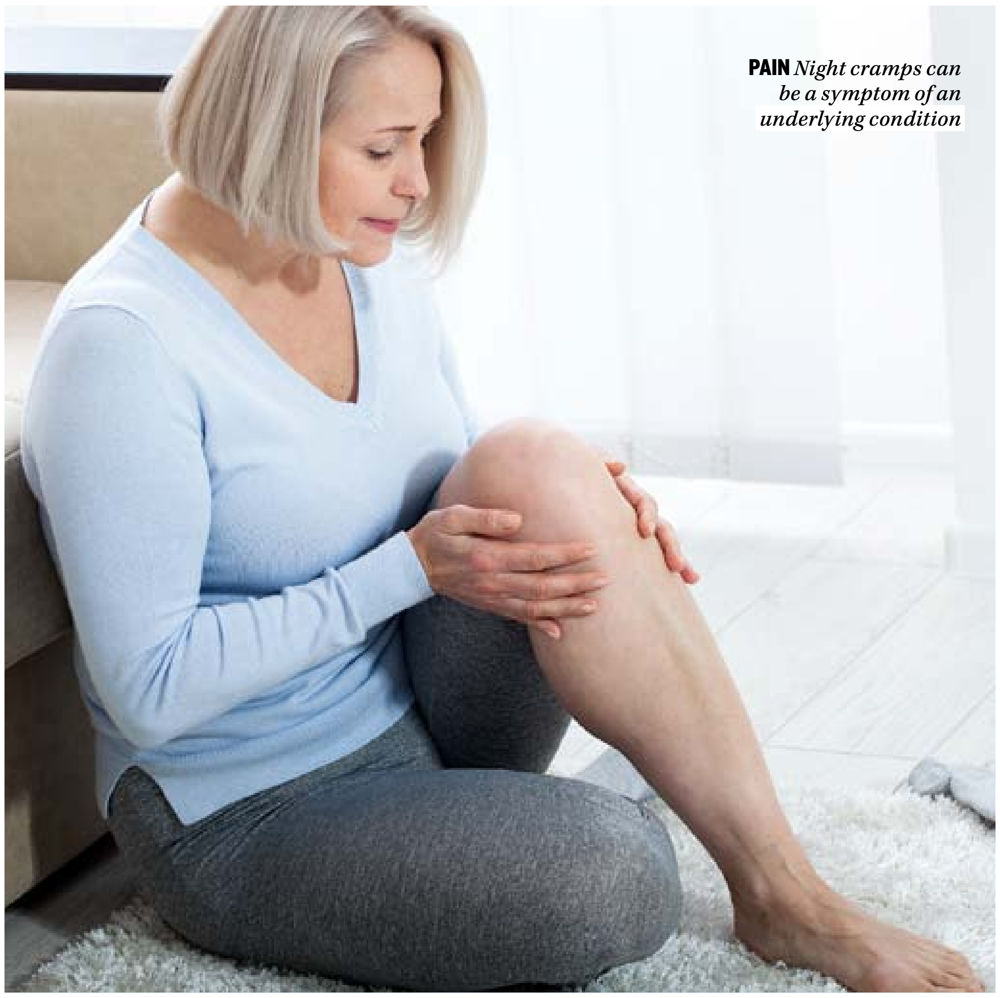
DR ROSEMARY LEONARD

YOUR HEALTH MATTERS

My leg cramps are getting worse and waking me at night



PAIN *Night cramps can be a symptom of an underlying condition*

Q I'm 65, and have been getting cramps in my lower legs at night for the past few weeks. To begin with, it was just an occasional thing, but now it's waking me nearly every night. A friend suggested drinking tonic water in the evening, but it hasn't helped. I'm on tablets for high blood pressure but otherwise feel well.

A Cramps during the day are often triggered by strenuous exercise, or sitting in an awkward position for a long time, but night-time cramps are usually unrelated to activity. Instead, they can be a symptom of an underlying health issue.

They can be a side-effect of medications, especially those that can cause changes in the levels of sodium and potassium in the blood, and this includes many of the medications used to treat high blood pressure. Other medications that can cause cramps include some antidepressants, anti-inflammatories such as naproxen, and also statins.

They can also be due to problems with blood supply or nerves that supply the leg muscles, including pressure on the nerves from arthritis in the spine, and less commonly, cramps can be due to thyroid or kidney disorders. However, in many cases, they happen for no apparent reason.

You should speak to your doctor, who can arrange for you to have any tests she may think necessary, but in the meantime it will help if you stretch your calves regularly, pulling your toes up towards your shins at least twice a day.

You should also do this immediately when a cramp starts. Doing some gentle exercise, like a short walk, in the evening can be helpful too, and make sure you stay well hydrated, drinking at least one-and-a-half litres of fluid each day, and avoiding too much alcohol (which can cause dehydration).

Quinine, found in tonic water, is an old remedy that used to be advised for cramp, but research has confirmed what you have discovered – that is doesn't work – so it's not recommended any longer.

Q I've noticed my urine has turned really bright yellow. I haven't got any urinary symptoms, and it doesn't smell any different, so I don't think I've got an infection. I've been on a diet since the new year, and have been taking a few supplements, but nothing excessive, so I'm wondering what's wrong. Could I have kidney problems?

A Normal urine is yellowish, ranging from a very pale straw colour to slightly orange, depending on how hydrated you are. If you have drunk a lot of fluid, then your urine will be paler, while if you have drunk less fluid, or have been sweating a lot, urine will be darker.

Normal urine also has a slight smell, which will vary depending on how concentrated it is – the darker it is the more it will smell. The smell can also be influenced by what you have eaten, with asparagus notorious for giving it a smell of rotten cabbages. Foods can also alter the colour of urine, with carrots and vitamin C supplements giving the urine an orange tinge, and beetroot, blackberries, raspberries and rhubarb giving it a reddish tinge.

Bright yellow urine, that looks almost fluorescent, is most commonly caused by a high intake of B vitamins, particularly riboflavin. This is water soluble and any excess that you eat that your body cannot use will be excreted in your urine. So I suspect the supplements you have been taking are the reason your urine is so yellow, and the way to find out to is stop them for a few days and see if your urine returns to a normal colour.

If so, you do not need to worry about kidney problems. If you are eating a healthy diet with plenty of fresh fruit and vegetables, it is unlikely you need to take any supplements other than vitamin D, which everyone should take at this time of year in a dose of 10 micrograms (or 400IU).

If you feel your diet is a bit inadequate then rather than taking several different supplements (which may be giving you large doses you don't need), I suggest you take a single multi-vitamin and mineral supplement, suitable for your age. A selection of these are available at chemists and supermarkets.

Q I've always had slightly sweaty feet, but now the skin on the soles at the base of my toes, looks white and scaly and has developed tiny pits. When I take my socks off my feet are quite smelly too, even though I'm washing them twice a day. I thought it might be athlete's foot, but the antifungal cream I've used for two weeks hasn't helped. What else can I do?

A It sounds as if you could have a condition known as pitted keratolysis, which is caused by an infection with bacteria that thrive in warm, moist environments. The bacteria release enzymes that destroy the upper skin layers, leading to whitened skin with small pits, and they can also release offensive smelling chemicals.

Anyone can get it but its more common in men, especially those who work or participate in activities where you have to wear heavy, waterproof footwear with limited airflow, such as farmers or builders. Those who work in very warm, moist environments, such as cooks or bakers, are also at increased risk.

Treatment with antibiotic cream or lotion that you rub on the affected area can clear the infection, which you can get on prescription from a GP. If you can send a photo of your feet via the surgery online system you may be able to get treatment without visiting the surgery.

Wash your feet twice a day with an antiseptic (available form pharmacies) and wear cotton socks, which you should wash at 60 degrees to eliminate any bacteria. Once the infection has cleared, you can help to prevent it returning by using an antiperspirant on your feet, and taking your shoes and socks off as soon as you get home to reduce the sweat.

If you have a health question for Dr Leonard, email her in confidence at yourhealth@express.co.uk. Dr Leonard regrets she cannot enter into personal correspondence or reply to everyone

---

WATCH FOR SYMPTOMS OF RAYNAUD'S DISEASE

With low temperatures continuing, the NHS has highlighted cold-weather symptoms that may also indicate another problem.

Raynaud's syndrome is when blood vessels react excessively to stress or cold, causing them to constrict. This briefly limits blood flow, which can trigger several symptoms.

Typical indicators include fingers and toes turning whiter, more tender, numb, or getting pins and needles. Some people also find their ears, nipples, lips and nose are impacted, with symptoms persisting from several minutes to multiple hours. Fortunately, while distressing, this is typically just an inconvenience and can be alleviated by staying warm, regular physical activity and having a nutritious diet.

Nevertheless, the NHS says you should see a doctor in six critical circumstances: when symptoms are very bad or getting worse; if they're affecting your daily life; if symptoms appear on one side of your body; if you have joint pain, skin rashes or muscle weakness; if you're over 30 and have symptoms for the first time; or if your child is under 12 with signs.

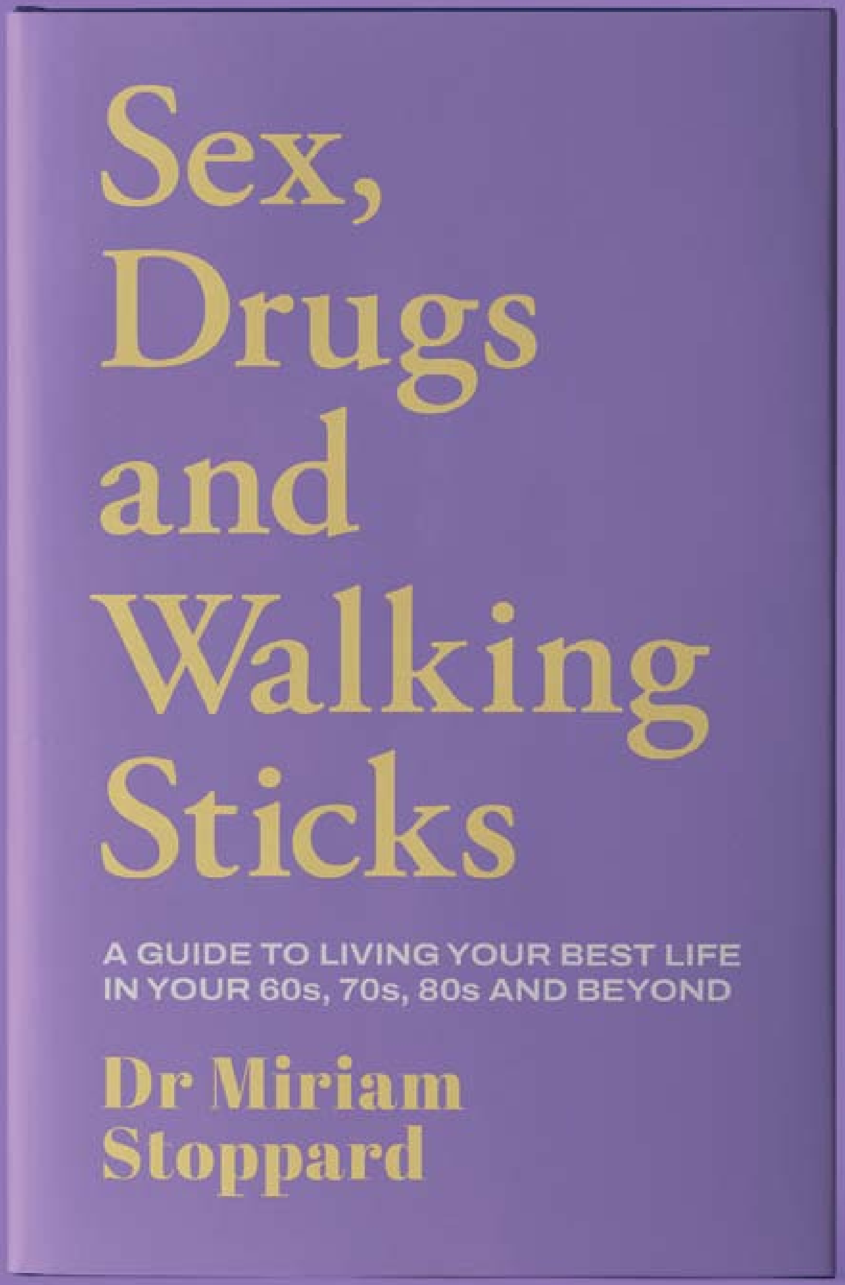
Further guidance advises: "A GP may prescribe a medicine to improve circulation. You may be offered nifedipine, used to treat high blood pressure. Some people need this every day. Others only use it to prevent Raynaud's. A GP may arrange tests if they think Raynaud's could be a sign of a more serious condition, such as rheumatoid arthritis or lupus."

The NHS suggests lifestyle changes such as quitting smoking to improve circulation and to limit caffeine too as tea, coffee, cola and chocolate can trigger Raynaud's.

For more details, head to the NHS website. SRUK is also a charity established to support individuals with scleroderma or Raynaud's, and offers support groups – sruk.co.uk.

Sex, Drugs and Walking Sticks

by Dr Miriam Stoppard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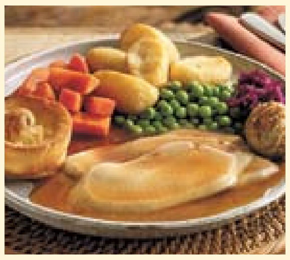

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TODAY'S TV ONES TO WATCH

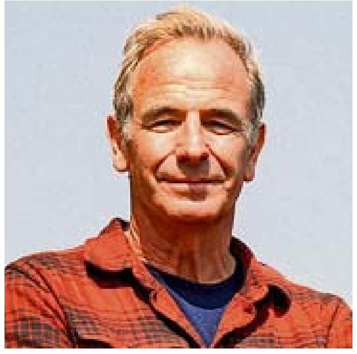
by **MIKE WARD** *TV critic*

Pick of the day
JAMIE'S FEASTS FOR A FIVER, C4, 8PM

PETE WICKS: FOR DOGS' SAKE, U&W, 9PM

AT THE Dogs Trust rehoming centre in Warwickshire, Pete meets a litter of beautiful Belgian Malinois puppies. The boy pups are being assessed as possible service dogs for Manchester Police, so the team seek Pete's opinion on which he thinks show the most potential.

Pete reckons a little one called Lindt seems the most confident. The assessors actually agree. So, yes, Lindt may well have a future in the force. Having said that, to partner effectively with a British police officer, a Belgian Malinois must presumably still learn English. Unless Inspector Poirot can be tempted out of retirement.



ROBSON GREEN'S WEEKEND ESCAPES, BBC2, 6.30PM

FOR his first show of the week, Robson is joined by Steph Houghton, the Durham-born former Lionesses captain who won 121 caps for her country. And boy, has he lined up some exhilarating experiences for the pair of them to enjoy together.

They're heading to Crag Pond in Teesdale, he tells her, where he's arranged tor them to do some canoeing, climb a big tree and receive a fascinating lesson in bushcraft, the latter including how to light their own campfire by rubbing sticks together. "Blimey," I'd be tempted to reply. "Could we not just nip to Wetherspoons for a couple of pints and a pizza?"

DISH OF THE DAY
Jamie Oliver shares his wisdom

BE PREPARED FOR WHEN I TAKE OVER

THE first thing I intend to do when I'm appointed head of all television (and I'm sorry that's taking so long; we've had one or two administrative issues) is commission a new food show. Yes, really. And before you cry: "Oh, but Mike, we've already got billions of those. Can't you make some of them go away?", please bear in mind I said "food", not "cooking".

The food show I have in mind, the working title for which is Chop-Chop, will in fact contain no cooking whatsoever. Chop-Chop will instead contain loads and loads of...well, chopping. Plus peeling, slicing, dicing, weighing out, etc. In other words, all the laborious prep. Equally important, it will show this being done in real time. None of that sneaky editing, to make those stages of a recipe look a breeze.

It'll also feature lots of shopping: driving to the supermarket, parking, trudging up and down the aisles trying to find ingredients, then having to buy these in way larger quantities than you need for the allegedly super-cheap recipe a TV chef insists you can make. Entertaining telly? Nope. It'll be dull as ditchwater, and drag on for hours. A bit like Eurovision. But at least it'll be honest.

Don't get me wrong, I enjoy shows like Jamie's Feasts For A Fiver, starting tonight. As I always say, Jamie's food is great. But it's a bit like having work done to your house: everything always costs more and takes longer than you're led to believe. I don't think Jamie is out to deceive us, by glossing over the tedious parts of the process. That's just how TV works.

"Viewers don't want to see every step," think producers. And they're right: we don't. But we need to. Only then will we know exactly what we're letting ourselves in for, cost and time-wise, when we embark upon, for example, Jamie's delicious hotpot, as seen tonight, made with "tender chicken, heroes from the frozen veg aisle and a golden potato topping".

Also when I run the whole of television, I shall ban TV chefs from using the ridiculous word "hero" to describe what's basically just a recipe's main ingredient, at least until the day I get rescued from a burning building by a cabbage in a cape.

BEST DATE

LOVE ISLAND: ALL STARS, ITV2 AND ITVX, 9PM

Host Maya Jama is in South Africa with the latest group of ex-Love Islanders chasing a second (or even third) chance at romance.

BEST FILM

ENTRAPMENT, FILM4, 6.45PM

Sean Connery plays a wily thief who hooks up with Catherine Zeta Jones' insurance investigator to plan an $8bn bank heist.

BEST DRAMA

INDUSTRY, BBC1, 10.40PM

Bafta winner Marisa Abela is back as Yasmin. Married to erratic CEO Sir Henry Muck (Kit Harington), her life is spinning out of control.

BEST SOAP

CORONATION STREET, ITV1, 8.30PM

An angry Betsy visits Becky in prison, and Jodie lets Shona and David know she was in the same car crash and tells David she's nowhere to stay.

TODAY'S PREVIEWS ARE ON THE PREVIOUS PAGE

FILM RATINGS

★★★★★ BRILLIANT
★★★★ VERY GOOD
★★★ GOOD
★★ AVERAGE
★ BAD

(R) REPEAT

ALL PROGRAMMES ARE LISTED IN GREENWICH MEAN TIME (GMT).

BBC One

6.00am Breakfast News headlines.
9.30 Morning Live Magazine.
10.45 Rip Off Britain An immersive Elvis experience that was not as previously advertised.
11.30 Homes Under the Hammer Properties in South Yorkshire, Leicestershire and Essex. (R)
12.15pm Bargain Hunt Weather-themed highlights from the headquarters of the Met Office.
1.00 BBC News at One; Weather
2.00 Lost and Found in the Lakes The team desperately seek a treasured lost ring.
2.30 Animal Park Malaika is diagnosed with heart disease.
3.00 I Escaped to the Country With properties in the Welsh Borders and the Cairngorms.
3.45 Garden Rescue Lee Burkhill and Chris Hull visit Nottingham.
4.30 The Travelling Auctioneers Selling a collection in order to fund a trip to New Zealand.
5.15 Pointless Quiz show hosted by Alexander Armstrong, with co-host Judi Love.
6.00 BBC News at Six; Weather
6.30 Regional News; Weather

BBC Two

6.50am Sign Zone: Antiques Roadshow In Swansea. (R)
7.50 MOTD: FA Cup Highlights (R)
9.00 BBC News Headlines.
12.15pm Politics Live Stories from Westminster and beyond.
1.00 *LIVE* **Snooker: The Masters** Mark Williams v Mark Allen. The third first-round match, held at Alexandra Palace in London. Williams is a two-time champion, prevailing back in 1998 and 2003, while Allen won the title in 2018. Hazel Irvine presents, with commentary and analysis from Steve Davis, Ken Doherty, Stephen Hendry, John Parrott and John Virgo.
5.15 Flog It! The team heads to Exeter, where Paul Martin visits the house of acclaimed novelist Agatha Christie. (R)
6.00 Richard Osman's House of Games With Adam Buxton, Hammed Animashaun, Lisa Snowdon and Lorna Watson.
6.30 Robson Green's Weekend Escapes The actor is joined by former England footballer Steph Houghton.

ITV1

6.00am Good Morning Britain A lively mix of news, current affairs and lifestyle features.
9.30 Lorraine Entertainment and the latest fashion news.
10.00 This Morning Topical daily magazine, featuring a mix of celebrity chat, showbusiness news, advice and discussion. Including Local Weather.
12.30pm Loose Women Celebrity interviews and topical debate.
1.30 ITV News; Weather
1.55 Regional News; Weather
2.00 Dickinson's Real Deal David Dickinson and his team assess items brought in by members of the public in Nottingham.
3.00 Time Is Money Quick-fire quiz where contestants are given their prize money upfront.
3.59 Regional Weather
4.00 Deal or No Deal Gameshow, hosted by Stephen Mulhern.
5.00 The Chase Sean, Julie, Anna and David take on one of the experts. Bradley Walsh hosts.
6.00 Regional News; Weather
6.30 ITV Evening News A round-up of the headlines; Weather

Channel 4

6.25am Cheers Triple bill. (R)
7.50 Everybody Loves Raymond Triple bill of the sitcom. (R)
9.10 Frasier Four episodes. (R)
11.10 American Pickers (R)
12.05pm Channel 4 News
12.10 Car S.O.S (R)
1.10 Find It, Fix It, Flog It (R)
2.10 Countdown Mark Durden-Smith is in Dictionary Corner.
3.00 A Place in the Sun A holiday home in Fuerteventura. (R)
4.00 A New Life in the Sun In Italy, Rob and Fran from London gamble it all on a new family home and a glampsite. In France, novice hosts Racheal and Jay convert a rundown farmhouse into holiday gites.
5.00 Junior Bake Off It's Cake Day for the second heat of bakers, and for their Showstopper, the bakers recreate their worst nightmare in cake form.
6.00 A Place in the Sun Jasmine Harman helps married couple Jerome and Meik with their hunt for a holiday home in the Manilva region of the Costa del Sol in southern Spain.

5

6.00am Milkshake! Children's TV.
9.15 Jeremy Vine Discussion.
11.30 Storm & Alexis Debate.
12.45pm 5 News at Lunchtime
12.50 Matt Allwright Debate on the day's biggest stories.
2.00 Vanessa Discussion show.
3.00 The Madame Blanc Mysteries Jean begins preparations to leave Sainte Victoire, but her plans are interrupted by a late-night intruder in her cottage. (R)
4.00 Bargain-Loving Brits in the Sun Debbie and her son Jude swap singing for DIY as they renovate their dream home in Algorfa, while bar manager Nigel leads a fancy dress parade tour in Benidorm.
5.00 5 News at 5 Headlines.
6.00 Secrets of the Royal Palaces Behind-the-scenes tales of royal residences associated with Queen Victoria, beginning with historian Jonathan Foyle telling the story of her birth in a room in Kensington Palace. (R) Followed by 5 News Update

Why wait and see?
Optegra
EYE HEALTH CARE

7
8
9
10
11
12 MIDNIGHT

BBC One

7.00 The One Show Roman Kemp and Clara Amfo present topical stories and chat.
7.30 EastEnders Ravi wakes up in the street with no recollection of what happened, Bea is getting her feet under the table and takes a shine to Max.
8.00 Why are Vet Bills so High? – Panorama Richard Bilton reports on the rise in vets' bills over the past five years, and talks to cat and dog owners who faced a dilemma as they struggled to fund treatment.
8.30 Lynley Havers and Lynley are assigned the case of a missing estate agent who has recently moved to Horsford and joined a dating app. Together, they uncover the reason for her change of career and a very disturbing secret from her past. Starring Leo Suter.
10.00 BBC News at Ten
10.30 Regional News; Weather
10.40 *NEW* **Industry** Return of the drama series. Yasmin and Whitney team up to devise a plan that helps Tender get closer to the new Labour government. Meanwhile, Harper makes a bold move that ruffles some feathers.
11.40 The Beauty Queen & the Catfish Triple bill. The story of Kilmarnock nurse Adele Rennie, who pretended to be handsome, professional men to target, harass, stalk and exploit hundreds of women; Abbie takes her findings to the police, but they are unable to do anything about it; the victims finally have justice, but are still left searching for answers. Last in series.
1.55am Weather for the Week Ahead
2.00-6.00am BBC News. Headlines.

BBC Two

7.00 Global Eye Investigations from BBC correspondents all over the world, revealing secrets and exposing crime.
7.30 Celebrity Mastermind Famous faces JB Gill, Susie McCabe, Lucy Shepherd and Richie Anderson take part.
8.00 Only Connect Victoria Coren Mitchell presents the second of the semi-finals, with the Pitchers and the Worker Bees competing to reach the final.
8.30 University Challenge Amol Rajan asks the questions in the contest's first quarter-final.
9.00 Lucy Worsley's Victorian Murder Club The historian continues her investigation into the Thames Torso Murderer, looking at whether the discovery of a fourth woman's torso in Whitechapel might crack open the case.
10.00 Mortimer & Whitehouse: Gone Fishing Paul and Bob travel in style to the Avon in Hampshire, where Bob makes the most of the unique accommodation and terrier Ted has a blind date. (R)
10.30 Newsnight; Weather
11.00 *FILM* **Eternal Beauty** (2019, 15) A woman falls into a state of despair and schizophrenia, but her life starts to change when she meets a failed musician. Romantic comedy drama, with Sally Hawkins and David Thewlis. ★★★

12.30am Snooker: The Masters – Extra. Mark Williams v Mark Allen. **2.30** Sign Zone: Countryfile. Hamza Yassin explores Loch Affric in the Highlands. (R) **3.25** Sign Zone: Can You Keep a Secret? Comedy, starring Dawn French. (R) **3.55** Sign Zone: Global Eye (R) **4.25-6.00am** This Is BBC Two

ITV1

7.30 Millionaire Hot Seat Jeremy Clarkson hosts the quiz in which six hopefuls compete for £1,000,000, with only one player at a time able to take a place in the Hot Seat and answer questions to work the way up the Money Ladder.
8.00 Emmerdale A convoy of police head into the village and the officers want answers, while Ray's body is found.
8.30 Coronation Street Betsy confronts Becky, and Ryan shows Debbie evidence of Carl's pilfering from the hotel.
9.00 Red Eye During the embassy evacuation, Brody breaks loose and helps Hana seize Fox and recover the detonator, but he escapes in a clash with security. Meanwhile, the conspiracy's mastermind is exposed. Last in series.
10.00 ITV News at Ten; Weather
10.30 Regional News; Weather
10.45 Love Island: All Stars Maya Jama hosts as former Islanders get another shot at finding the one. As ever, relationships will be put to the test as Bombshells enter, heads will turn, and some lovestruck hopefuls will be left heartbroken. As the couples explore their connections and attempt to win the hearts of each other and the nation, only one pair can be crowned as the winners. (R)

12.10am Shop on TV **3.00** Riches. Nina's search for the missing money sends her walking in Stephen's trail, and sheds light on Oyin and a past she had buried. (R) **3.50** Unwind with ITV **5.05-6.00am** Deal or No Deal. Stephen Mulhern hosts as contestant Marc tries to open the 22 red boxes. (R)

Channel 4

7.00 Channel 4 News A round-up of all the latest headlines, in-depth interviews and analysis of political developments and current affairs. Plus, the day's leading sports stories and up-to-the-minute weather reports.
8.00 *NEW* **Jamie's Feasts for a Fiver** Jamie Oliver shows feasts that cost no more than £5 to prepare. In the first episode, Jamie makes a hearty chicken hotpot, layered with tender chicken and a golden potato topping.
9.00 Celebrity SAS: Who Dares Wins A brutal race up 27 flights of stairs to the top of a dam pushes the recruits hard, after which they must rappel 45 metres back down the dam before free-falling into turbulent water.
10.00 First Dates Beach Club Alina, a dentist, is searching for the full package in radio producer Luke. Albert, a hairdresser with flair, and Matt, a flight attendant, find common ground in a shared passion for drag. Last in series.
11.05 Gogglebox The armchair critics share their opinions on programmes including Britain's Got Talent, Celebrity Hunted, Coronation Street and Michael McIntyre's Big Show. Plus, perspectives on reports appearing on BBC News. (R)

12.05am Walter Presents: The Ring. Dutch crime thriller, starring Hannah Hoekstra. **1.05** Celebrity SAS: Who Dares Wins: double bill (R) **2.55** Ramsay's Kitchen Nightmares USA (R) **3.45** Couples Come Dine with Me (R) **4.35** Hollyoaks Omnibus (R) **5.45-6.25am** Countdown (R)

5

7.00 Motorway Cops: Catching Britain's Speeders Sgt Dave Roberts pursues a car with cloned number plates, but the driver refuses to stop despite two flat tyres and decides to drive the wrong way down the A1. (R); 5 News Update
8.00 Police Interceptors Factual crime documentary following the work of high-speed police interception units on patrol around the streets and motorways of Great Britain – as the officers work to keep the roads safe.
9.00 *NEW* **Police: Suspect No 1** Return of the documentary following the work of police officers and detectives as they investigate a range of serious crimes. Police pursue two suspects on a motorcycle who fled a road rage incident.
10.00 Forensics: Crash Scene Investigators In the Yorkshire Dales, a car with five soldiers onboard has crashed in the early hours. Two passengers are trapped with one in a critical condition and another with a broken neck. (R)
11.05 Traffic Cops An episode focusing on thieves, with officers sent to investigate a report of a break-in at a warehouse near Chesterfield. Five miles north, police race to another suspected theft at a distribution centre. (R)

12.05am Police Interceptors (R) **1.00** Live Casino Show **3.00** World's Most Scenic Railway Journeys (R) **3.50** World's Most Scenic River Journeys (R) **4.35** The Wonderful World of Chocolate (R) **5.25** Entertainment News on 5 **5.35** Ben and Holly's Little Kingdom (R) **5.45-6.00am** Milo (R)

ITV2

FREEVIEW 6

6.00am CITV **7.30** Celebrity Dinner Date **8.30** Olivia and Alex: Parenthood **9.25** The Only Way Is Essex **10.25** The Real Housewives of Miami **11.20** The Real Housewives of Beverly Hills **12.15pm** Dinner Date **1.15** Celebrity Dinner Date **2.15** The Only Way Is Essex **3.15** The Real Housewives of Orange County **4.10** The Real Housewives of Miami **5.00** The Real Housewives of Beverly Hills

6.00 Celebrity Catchphrase Quiz show.

7.00 Deal or No Deal Stephen Mulhern hosts as Kev takes on the Banker.

8.00 The Real Housewives of Orange County Gina, Heather and Emily whisk Shannon away for a relaxing girls' trip.

9.00 NEW **Love Island: All Stars** Famous former Islanders get another shot at love.

10.35 The 1% Club Quiz, with Lee Mack.

11.35 Family Guy Animated comedy.

12.35am American Dad! **1.35** Olivia Attwood's Bad Boyfriends **2.30** Unwind with ITV **3.00-6.00am** Teleshopping

ITVQuiz

FREEVIEW 28

9.00am Deal or No Deal **10.00** Tipping Point **1.00pm** Lingo **2.00** Tenable **3.00** In with a Shout. Gameshow, hosted by Joel Dommett. **4.00** Riddiculous. Quiz, hosted by Ranvir Singh. **5.00** Deal or No Deal. Stephen Mulhern hosts as another contestant opens the 22 red boxes.

6.00 Lingo Triple bill. Kelli and Ruth, Alice and Vicky, and Ethan and Beth take part; with Annie and Lydia, Richard and Sue, and Saul and Dan; hosted by Adil Ray.

9.00 Alan Carr's Epic Gameshow The comedian hosts a revival of the classic gameshow Take Your Pick, with a selection of plucky audience members going up against the gong to play the famous Yes/No game.

10.00 Tipping Point Triple bill. Ben Shephard hosts as four players take on an extraordinary machine in the hope of winning the £10,000 jackpot.

12.50am Tenable **1.50** Unwind with ITV **2.00-9.00am** Teleshopping

U&Dave

FREEVIEW 19

6.00am Teleshopping **7.15** James May's Things You Need to Know **7.50** Border Force: America's Gatekeepers **9.45** Guy Martin's WWI Tank **11.00** Rick Stein's Mediterranean Escapes **12.00noon** Bangers & Cash **2.00** Robson's Extreme Fishing Challenge **3.00** Top Gear **5.00** Hairy Bikers' Best of British

6.00 Rick Stein's Mediterranean Escapes The chef joins a family feast.

7.00 Would I Lie to You? With Sarah Millican, Jon Richardson, David Harewood and Bob Mortimer.

7.40 Richard Osman's House of Games

9.00 QI XL With Aisling Bea, Mark Watson, Michelle Wolf and Alan Davies.

10.00 Have I Got a Bit More News for You Extended edition of the satirical quiz.

11.00 Taskmaster With Aisling Bea, Bob Mortimer, Mark Watson and Sally Phillips.

12.00m't Mock the Week **12.40** Would I Lie to You?. Panel show. **2.00** Not Going Out **4.00-6.00am** Teleshopping

U&Drama

FREEVIEW 20

6.00am Teleshopping **7.15** The Bill **8.15** Doctors **9.30** Classic Holby City **10.35** Classic Casualty **11.40** The Bill **12.45pm** Classic EastEnders **2.00** All Creatures Great and Small **3.00** Howards' Way **4.10** Bergerac **5.20** One Foot in the Grave

6.00 To the Manor Born DeVere shoots a commercial at Grantleigh.

6.40 Last of the Summer Wine Double bill.

8.00 Judge John Deed Jo is shocked when a mother, fighting a lawsuit against the mobile phone company she blames for her incurable cancer, asks the lawyer to take care of her son after she dies.

10.00 New Tricks Part two of two. The Gibraltar locals reel from the murder of shipping agent Gordon Fletcher.

11.15 Waking the Dead Part two of two. When another murder is committed, Boyd races to track down the killer.

12.30am Hotel Portofino **1.50** One Foot in the Grave **2.20** The Brokenwood Mysteries **4.00-6.00am** Teleshopping

E4

FREEVIEW 13

6.00am Hollyoaks **6.55** Rude(ish) Tube Shorts **7.00** Junior Bake Off **8.00** Ramsay's Kitchen Nightmares USA **9.00** The Goldbergs **10.00** Modern Family **11.00** Ramsay's Kitchen Nightmares USA **1.00pm** Brooklyn Nine-Nine **2.00** The Simpsons **3.00** The Goldbergs **4.00** Modern Family **5.00** Brooklyn Nine-Nine

6.00 The Simpsons Double bill.

7.00 Hollyoaks With Cleo moving into the Blakes', Theresa fears for her relationship.

7.30 The Simpsons Classic movie monsters gatecrash a Halloween party.

8.00 First Dates A woman who loves swimming with sharks meets a man who has a phobia of butterflies.

9.00 Gogglebox Double bill.

11.05 Open House: The Great Sex Experiment A married couple arrive.

12.05am Naked Attraction's Best Naughty Bits **1.05** First Dates **2.10** Gogglebox **4.00** The Simpsons **4.25** The Goldbergs **4.50-6.00am** Don't Tell the Bride

More4

FREEVIEW 18

8.55am Find It, Fix It, Flog It **10.00** A Place in the Sun **11.30** Come Dine with Me: five episodes **2.10pm** Four in a Bed: five episodes **4.50** A Place in the Sun: Home or Away **5.55** Car S.O.S

6.55 Car S.O.S Fuzz Townshend and Tim Shaw work on a year 2000 Ford Mondeo, the property of a widowed father of two who is unable to work on the car after three years of personal tragedy.

7.55 The Dog House Lonesome teenager Jasmine seeks a canine companion to replace her twin sister Shola, who's leaving her to start university.

9.00 Supercruising: Life at Sea The MS Nieuw Statendam circles the Caribbean. Dancers Daisy, Freddie and Lauren knuckle down to rehearse a Las Vegas-style performance with singer Cassidy.

10.00 24 Hours in A&E Double bill.

12.10am Emergency Helicopter Medics. Documentary series. **1.15** 24 Hours in A&E **3.25-3.50am** Food Unwrapped

Variations & S4C

WALES As BBC1 except: 1.35-1.45pm BBC Wales Today; Weather **6.30** BBC Wales Today; Weather **7.00-7.30** Bear Grylls: Wild Reckoning. A couple with a large age gap disagree on how to parent their children. **10.30-10.40pm** BBC Wales Today; Weather

WALES As BBC2 except: 7.00-7.30pm The One Show. Roman Kemp and Clara Amfo host.

MERIDIAN As ITV1 except: 1.55-2.00pm ITV News Meridian; Weather. The day's headlines so far. **6.00-6.30** ITV News Meridian; Weather **10.30-10.45pm** ITV News Meridian; Weather

CENTRAL As ITV1 except: 1.55-2.00pm ITV News Central; Weather **6.00-6.30** ITV News Central; Weather. The latest headlines. **10.30-10.45pm** ITV News Central; Weather

ITV WALES As ITV1 except: 1.55-2.00pm ITV News Cymru Wales; Weather **6.00-6.30** ITV News Cymru Wales; Weather **10.30-10.45pm** ITV News Cymru Wales; Weather

WEST As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather **10.30-10.45pm** ITV News West Country; Weather

ANGLIA As ITV1 except: 1.55-2.00pm ITV News Anglia; Weather **6.00-6.30** ITV News Anglia; Weather **10.30-10.45pm** ITV News Anglia; Weather. The day's headlines.

WESTCOUNTRY As ITV1 except: 1.55-2.00pm ITV News West Country; Weather **6.00-6.30** ITV News West Country; Weather. A round-up of the latest headlines. **10.30-10.45pm** ITV News West Country; Weather

S4C 6.00am Cyw **12.00noon** Newyddion S4C a'r Tywydd **12.05pm** Sain Ffagan **12.30** Heno **1.00** Jason Mohammad: Stadiymau'r Byd **2.00** Newyddion S4C a'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C a'r Tywydd **3.05** Cyfrinachau'r Llyfrgell **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru. Houses from the Victorian period. **6.30** Rownd a Rownd **6.57** Newyddion S4C **7.00** Heno. Nightly magazine. **7.30** Newyddion S4C a'r Tywydd **8.00** Gwlad y Basg: Gwilym Bowen Rhys **8.25** Rhys Patchell: Japan a'r Gic Olaf **8.55** Newyddion S4C a'r Tywydd **9.00-9.28** Ffermio **9.35** Sgorio **10.05** Y Cyfweliad. An interview with former international rugby player Mike Phillips. **10.40-11.45pm** Troseddau Cymru Gyda Sian Lloyd

BBC3

FREEVIEW 23

7.00pm The Catch Up Headlines.

7.05 SpongeBob SquarePants Double bill of the animation.

7.30 Top Gear: India Special Jeremy, Richard and James embark on a special trade mission to India.

9.00 NEW **The Beauty Queen & the Catfish** Triple bill. A nurse who stalked and exploited hundreds of women; Abbie Draper takes her findings to the police; the victims finally have justice, but are still left searching for answers. Last in series.

11.15 Matthew Perry and the Ketamine Queen Amber Haque examines events leading up to the actor's death and the role of the drug dealer at the centre of the case.

12.15am FILM Words on Bathroom Walls (2020, 12) Romantic drama, starring Charlie Plummer. ★★★★ **2.00-4.00am** The Fast and the Farmer-ish: four episodes

BBC4

FREEVIEW 9

7.00pm LIVE **Snooker: The Masters** Zhao Xintong v Gary Wilson. The fourth first-round match, held at Alexandra Palace in London and played over the best of 11 frames.

10.00 Lee Miller: A Life on the Front Line Documentary drama about photographer and war reporter Lee Miller, a woman who chose to live by her own rules and defied anyone who tried to pin her down or put her on a pedestal.

11.00 The Search for the Lost Manuscript: Julian of Norwich Historian Dr Janina Ramirez tells the story of the first book written in English by a woman, which was suppressed for centuries for its theological views.

12.00m't Quentin Blake: The Drawing of My Life. The artist's creative life. **1.00** Nuts in May. Comedy. **2.20-3.40am** Mike Leigh: Making Plays – Arena Special. From 1982.

GB News

FREEVIEW 236

6.00am Breakfast with Eamonn and Ellie **9.30** Britain's Newsroom **12.00noon** Good Afternoon Britain **3.00** Martin Daubney. Updates.

6.00 Dewbs & Co Plain-speaking, straight-talking – Michelle Dewberry delivers her take on the day's news.

7.00 Farage An action-packed hour of topical discussion and debate.

8.00 Jacob Rees-Mogg's State Of The Nation Join Jacob for his unique and unmissable take on the news.

9.00 Patrick Christys Tonight Replay Join Patrick for two hours of debate and news making interviews. Top guests tackle the issues that matter, with a sharp take on every story.

11.00 Patrick Christys Tonight Late Edition Discussion and debate.

12.00m't The Late Show Live **2.00** Farage Replay **3.00** Patrick Christys Tonight Replay **5.00-6.00am** Patrick Christys Tonight Late Edition

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Sport

SKY SPORTS MAIN EVENT

6.00am LIVE **Tennis** The WTA and ATP Tours, with the ATP Adelaide Open, ATP Auckland Open, WTA Adelaide Open, and WTA Hobart Open.

12.00noon Transfer Talk **1.00** Lunchtime Live **2.00** Sports Desk. News, analysis and comment.

3.30 LIVE **SA20** Pretoria Capitals v MI Cape Town. Coverage from SuperSport Park in Centurion.

7.00 The Transfer Show **8.00** Sports Centre **9.00** Sports Centre **10.00** Sky Sports News **10.30** Back Pages Tonight **11.00** Sky Sports News

1.00am LIVE **NFL** Pittsburgh Steelers v Houston Texans (kick-off 1.15am). Coverage of the Sixth Wild Card play-off match at Acrisure Stadium.

4.30-6.00am LIVE **Tennis** WTA and ATP Tours.

SKY SPORTS CRICKET

6.00am Big Bash League **7.00** Best of J Anderson: 500th Wicket **7.10** Big Bash League

8.10 LIVE **Big Bash League** Sydney Thunder v Melbourne Renegades. Coverage of the T20 match at ENGIE Stadium in Sydney.

11.30 Best of England v South Africa **11.45** Best of ICC WT20 **12.00noon** SA20 **2.00** Big Bash League **3.00** Best of J Anderson: 500th Wicket **3.10** Best of Sky Cricket

3.20 LIVE **SA20** Pretoria Capitals v MI Cape Town. Coverage from SuperSport Park in Centurion.

7.00 Big Bash League **8.00** WPL **9.00** SA20 **10.00** SA20 **11.00** Big Bash League **2.20am** Best of J Anderson: 500th Wicket **2.30** Best of England v South Africa **2.45** Best of ICC WT20 **3.00** Big Bash League **5.00-6.00am** SA20

SKY SPORTS FOOTBALL

6.00am EFL League One Goals **6.30** EFL League Two Goals **7.00** EFL Highlights **8.15** WSL **8.45** EFL Highlights **9.00** SPFL Round-Up **9.15** SPFL Highlights **9.45** EFL Highlights **10.15** SPFL Round-Up **10.30** EFL League One Goals **11.00** EFL League Two Goals. A round-up of goals from the division. **11.30** SPFL Highlights

12.00noon WSL **1.00** EFL Highlights **1.30** SPFL Round-Up **1.45** SPFL Highlights **2.15** EFL Highlights **3.15** SPFL Round-Up **3.30** WSL **4.00** EFL Highlights **4.45** SPFL Highlights **5.00** EFL League One Goals **5.30** EFL League Two Goals

6.00 SPFL Round-Up **6.15** SPFL Highlights **6.30** Bundesliga Highlights **7.30** EFL League One Goals **8.00** EFL League Two Goals **8.30** WSL **9.00** SPFL Round-Up **9.15** SPFL Highlights **9.30** SPFL Highlights **9.45** EFL Highlights **10.00** EFL Highlights **10.30** Bundesliga Highlights Show **11.30** EFL Greatest Games

12.00m't EFL Cup Retro. The 2019 final. **2.45** EFL Greatest Games **3.30** Championship Season Review **5.00** Best Goals: EFL Cup 24/25 **5.30-6.00am** EFL Trophy Football

SKY SPORTS GOLF

6.00am DP World Tour Golf. Action from 2025.

4.30pm The Improvers **4.45** TGL **10.30** Junior Golf **11.00** Ladies European Tour Golf **3.00am** The Open Zone **4.00** The Golf Fitness Show **4.30** Mark Roe's Short Game School **5.00-6.00am** Nick Dougherty's Tee Time Tips

TNT SPORTS 1

6.00am The Edge **7.00** One Day International Cricket **8.00** Serie A **10.00** Sign Up – Into Football **10.45** Original Documentary **11.00** Snooker Masters. Action from day one.

1.00pm LIVE **Snooker Masters** Mark Williams v Mark Allen. Coverage of the third first-round match, held at Alexandra Palace in London.

4.30 One Day International Cricket **5.30** The Edge

6.30 LIVE **Emirates FA Cup** Liverpool v Barnsley (kick-off 7.45pm). All the action from the third-round tie, held at Anfield.

10.15 Original Documentary **11.45** Serie A **1.45am** The Emirates FA Cup **2.45** The Edge **3.45** One Day International Cricket

4.45-8.15am LIVE **T20 Super Smash** Central Stags v Northern Brave. Coverage of the match at McLean Park in Napier, New Zealand.

TNT SPORTS 2

6.00am Isuzu UTE A-League **7.00** Isuzu UTE A-League **8.00** Isuzu UTE A-League **9.00** Isuzu UTE A-League **10.00** Isuzu UTE A-League **11.00** Isuzu UTE A-League

12.00noon Premier League Stories **12.30** Premier League – The Big Interview

1.00 LIVE **Snooker Masters** Mark Williams v Mark Allen. Coverage of the third first-round match.

4.30 ABB FIA Formula E World Championship Highlights **5.30** Sign Up – Into Football

6.15 Premier League Stories **6.45** What I Wore

7.00 LIVE **Snooker Masters** Zhao Xintong v Gary Wilson. The fourth first-round match at Alexandra Palace, played over the best of 11 frames.

10.30 Original Documentary **11.00** Original Documentary **11.30** Original Documentary

12.30am Men's Alpine Skiing World Cup **2.30** Women's Alpine Skiing World Cup **3.30** Ski Jumping **5.30-6.00am** Premier League Stories

BEST OF THE REST – LIVE SPORT

1.50-5.30pm LIVE **WPL** Royal Challengers Bengaluru v UP Warriorz. (Sky Sports +)

11.30pm-3.30am LIVE **NBA Basketball** Indiana Pacers v Boston Celtics (tip-off 12.30am). At Gainbridge Fieldhouse. (Sky Sports +)

1.00-4.30am LIVE **NFL** Pittsburgh Steelers v Houston Texans (kick-off 1.15am). The Sixth Wild Card play-off match. (Sky Sports NFL)

Entertainment & Factual

ITV3 Freeview 10

6.00am Never the Twain **6.30** On the Buses **7.05** Classic Emmerdale **8.10** Classic Coronation Street **9.10** Inspector Morse **11.20** Heartbeat **1.20pm** Foyle's War **3.30** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Foyle's War **11.55** Trial & Retribution **2.05-2.30am** Unwind with ITV

ITV4 Freeview 26

6.00am The Big Match Revisited **8.05** Magnum, PI **9.05** Kojak **10.10** Boon **11.15** The Professionals **12.20pm** Robin of Sherwood **1.35** Magnum, PI **2.40** Kojak **3.45** Boon **4.50** The Professionals **5.55** Minder **7.00** Formula E Highlights **8.00** The Motorbike Show **9.00** FILM Rambo III (1988/18) Action adventure sequel, starring Sylvester Stallone, Richard Crenna and Kurtwood Smith. ★★ **11.05** Lost **12.00m't** Minder **2.00** The Professionals **2.50** Unwind with ITV **3.00** Teleshopping **3.30-4.00am** Motorsport Mundial

5STAR Freeview 32

8.00am Amazing Cleans **10.00** 22 Kids & Counting **11.00** Traffic Cops **2.00pm** Police Interceptors **5.00** Call the Bailiffs: Time to Pay Up **6.00** Home and Away **7.00** GPs: Behind Closed Doors **8.00** Casualty 24/7: Every Second Counts **9.00** Ambulance: Code Red **10.00** A&E After Dark **11.00** Skin A&E **12.00m't** Cause of Death **1.00** GPs: Behind Closed Doors **2.00** Casualty 24/7: Every Second Counts **2.45** Skin A&E **3.35-4.00am** Car Pound Cops

REALLY Freeview 17

6.00am Fantasy Homes by the Sea **7.00** Cruise TV with LoveitBookit **8.00** Escape to the Country **9.00** Salvage Hunters **12.00noon** Antiques Road Trip **2.00** The Repair Shop **3.00** Celebrity Yorkshire Auction House **4.00** Long Lost Family **5.00** A Place in the Sun **6.00** Salvage Hunters **8.00** Antiques Road Trip **9.00** Angus Ashworth: Yorkshire Heritage Hero. Auctioneer Angus Ashworth answers a plea for help from a single dad. **10.00** The Yorkshire Auction House. Angus is in Sutton Coldfield. **11.00** Celebrity Help! My House Is Haunted **2.00am** Teleshopping **4.00-6.00am** Salvage Hunters

5ACTION Freeview 33

9.00am Trucking Hell **9.20** Traffic Cops **10.20** Police Interceptors **12.20pm** FILM Fort Utah (1967/U) ★★★ **2.05** FILM Run for Cover (1955/U) ★★★ **4.00** The Motorway **5.00** Traffic Cops **6.00** Police Interceptors **8.00** Motorway Cops: Catching Britain's Speeders **9.00** Soldier: For King and Country **10.00** Warship: Life at Sea **11.00** Banged Up Abroad **12.00m't** World's Deadliest Weather: Caught on Camera **1.00** Ice Road Truckers **2.00** Trucking Hell **3.55-4.00am** Entertainment News on 5

SKY ARTS Freeview 36

6.00am Pavarotti in the Park **7.50** The Joy of Painting **9.00** Tales of the Unexpected **10.00** Alfred Hitchcock Presents **11.00** The Directors **12.00noon** Discovering: Sigourney Weaver **1.00** Tales of the Unexpected **2.00** Stories from Tate Britain **3.00** Battle of the Irish Dancers **4.00** The Directors **5.00** Discovering: Hugh Grant **6.00** Tales of the Unexpected **7.00** Alfred Hitchcock Presents **8.00** Andre Rieu: Welcome to My World **9.00** FILM Seven Dials Mystery (1981/12) Agatha Christie whodunit, starring John Gielgud and Harry Andrews. ★★★★ **11.55** LSO: Inaugural Concert 2024 – Sir Antonio Pappano **2.00am** Jamie Cullum Live at Blenheim Palace **4.20** Inside Art: Night Fever at V&A Dundee **4.45** Inside Art **5.10-6.00am** The Art of Architecture

Live Emirates FA Cup
TNT Sports 1, 6.30pm
With their Premier League title defence not exactly going to plan, Dominik Szoboszlai (left) and Liverpool will be hoping for a good run in the FA Cup. They begin at home to Barnsley.

U&GOLD

7.40am Ever Decreasing Circles **8.15** The Green Green Grass **8.55** The Thin Blue Line **9.35** Are You Being Served? **10.10** Porridge **10.50** Keeping Up Appearances **11.30** Last of the Summer Wine **12.45pm** The Green Green Grass **1.25** Ever Decreasing Circles **2.00** The Thin Blue Line **2.40** Are You Being Served? **3.20** Porridge **4.00** Ever Decreasing Circles **4.35** Last of the Summer Wine **5.55** Keeping Up Appearances **6.35** Porridge **7.15** Dad's Army **8.00** Blackadder II **10.00** Men Behaving Badly **10.35** Blackadder II **12.35am** Men Behaving Badly **1.10** Blackadder II **3.30-4.00am** The Thin Blue Line

U&YESTERDAY Freeview 27

6.10am Great British Railway Journeys **8.00** Bangers & Cash: Restoring Classics **10.00** Rise of the Nazis: Dictators at War **11.00** True Evil: The Making of a Nazi **12.00noon** Antiques Roadshow **2.00** Bangers & Cash **4.00** Rise of the Nazis: Dictators at War **5.00** True Evil: The Making of a Nazi **6.00** Antiques Roadshow **7.00** Great Canal Journeys **8.00** Mediterranean with Simon Reeve **9.00** Russia with Simon Reeve **10.00** Bangers & Cash **11.00** Bangers & Cash: Restoring Classics **1.00am** Abandoned Engineering **2.00-3.00am** Rise of the Nazis: Dictators at War

U&ALIBI

7.15am Murdoch Mysteries **9.00** Father Brown **10.00** The Mentalist **11.00** Hudson & Rex **12.00noon** Miss Fisher's Murder Mysteries **1.00** Death in Paradise **2.00** Murdoch Mysteries **4.00** The Mentalist **5.00** Hudson & Rex **6.00** Father Brown **7.00** Miss Fisher's Murder Mysteries **8.00** Death in Paradise **10.00** Father Brown **12.00m't** So Help Me Todd **1.00** Death in Paradise **2.00-4.00am** Murdoch Mysteries

SKY MAX

6.00am Hawaii Five-0 **8.00** The Flash **9.00** Stargate SG-1 **11.00** SEAL Team **12.00noon** The Flash **1.00** Hawaii Five-0 **3.00** S.W.A.T **4.00** NCIS: Los Angeles **5.00** SEAL Team **6.05** Stargate SG-1 **8.15** Never Mind the Buzzcocks **9.00** A League of Their Own: Mexican Road Trip **10.00** An Idiot Abroad **11.00** Fear the Walking Dead **12.00m't** Creature Commandos **1.00** The Force: Manchester **2.00** Brit Cops: Rapid Response **3.00** S.W.A.T **4.00** NCIS: Los Angeles **5.00-6.00am** Highway Patrol

SKY ATLANTIC

6.00am Fish Town **7.00** The Guest Wing **8.00** Boardwalk Empire **10.10** The Sopranos **12.20pm** Game of Thrones **2.30** The Wire **4.40** Westworld **5.45** Deadwood **6.50** Game of Thrones **9.00** House of the Dragon **11.20** Deadwood **12.25am** The Sopranos **1.30** Game of Thrones **3.40** Urban Secrets **4.35** In Treatment **5.05-6.00am** Urban Secrets

SKY WITNESS

6.00am UK Border Force **7.00** Nothing to Declare **8.00** Border Patrol **9.00** Stop, Search, Seize **10.00** Nothing to Declare UK **11.00** A1: Britain's Longest Road **12.00noon** FBI **1.00** The Rookie **2.00** Send in the Dogs **3.00** Stop, Search, Seize **4.00** Nothing to Declare **7.00** Police 24/7 **8.00** Law & Order: Criminal Intent **9.00** Blue Bloods **10.00** The Equalizer **11.00** The Rookie **12.00m't** FBI **1.00** Law & Order: Criminal Intent **2.00** Law & Order: Organized Crime **3.00** Road Wars **5.00-6.00am** Send in the Dogs

SKY COMEDY

8.00am Will & Grace **9.00** Ballers **10.15** Sex and the City **11.25** Entourage **12.30pm** Will & Grace **1.30** Sex and the City **2.45** Ballers **4.00** And Just Like That **4.45** The Office (US) **5.45** Will & Grace **6.45** Community **7.45** Sex and the City **9.00** Bill Maher: Adulting **10.15** And Just Like That **11.00** Community **12.00m't** Entourage **1.15** Ballers **2.25** Curb Your Enthusiasm **3.40-5.00am** Silicon Valley

DISCOVERY

6.00am How Do They Do It? **7.00** Junkyard Empire **9.00** Gold Rush **11.00** Bitchin' Rides: Road to the Ridler **1.00pm** Deadliest Catch **3.00** How Do They Do It? **5.00** Alaska: Homestead Rescue **7.00** Wheeler Dealers World Tour **8.00** Scrapyard Dynasty **9.00** Secrets Underground. Mysterious tunnels under Denver's airport. **10.00** Salvage Dawgs **11.00** Expedition Unknown **12.00m't** Deadliest Catch **1.00** Secrets Underground **2.00** Salvage Dawgs **3.00** Gold Divers **4.00-5.00am** Moonshiners

NATIONAL GEOGRAPHIC

8.00am Megafactories **9.00** Air Crash Investigation: Special Report **10.00** Seconds from Disaster **11.00** WW2: Hell Under the Sea **12.00noon** World War II: The Apocalypse **1.00** Air Crash Investigation **3.00** Hitler's Last Stand **4.00** Draining the Thames: What Lies Beneath **5.00** Ice Road Rescue **6.00** Nazi Megastructures **7.00** Air Crash Investigation. The crash of a late-night cargo flight on its final approach. **8.00** Car S.O.S **10.00** World's Greatest Train Journeys from Above **11.00** Air Crash Investigation **12.00m't** Car S.O.S **1.00** To Catch a Smuggler **2.30** Abandoned **3.20** Food Factory **4.10-5.00am** Prairie Dog Dynasty

Radio

BBC RADIO 1

97.6-99.8MHz 6.58am Newsbeat **7.00** Radio 1 Breakfast with Greg James **10.30** Newsbeat **10.33** Rickie, Melvin and Charlie **12.45pm** Newsbeat **1.00** Matt and Mollie **3.30** Newsbeat **3.33** Going Home with Katie and Jerry **5.45** Newsbeat **6.00** Radio 1's New Music Show with Jack Saunders **8.00** Radio 1's Future Artists with Sian Eleri **10.00** Radio 1's Power Down Playlist with CassKidd **11.00** Rock Show with Daniel P Carter **1.00am** BBC Introducing Rock on Radio 1 with Alyx Holcombe **2.00** Radio 1 Anthems **4.00** Radio 1 Pop Anthems **5.00-6.58am** Radio 1 Early Breakfast with Dean McCullough

BBC RADIO 2

88-91MHz 6.30am The Scott Mills Breakfast Show **9.30** Vernon Kay **12.00noon** Tina Daheley **2.00** Trevor Nelson **4.00** Sara Cox **6.30** Sara Cox's Half Wower **7.00** Jo Whiley's Shiny Happy Playlist **7.30** Jo Whiley **9.00** The Blues Show with Cerys Matthews **10.00** The Good Groove with DJ Spoony **12.00m't** OJ Borg **2.30** One Hit Wonders **3.00** Dance Sounds of the 90s **4.00-6.30am** Owain Wyn Evans

BBC RADIO 3

90.2-92.4MHz 6.30am Breakfast **9.30** Radio 3's American Roadtrip **1.00pm** Classical Live **4.00** Composer of the Week: Gottschalk **5.00** In Tune **7.00** Classical Mixtape. A sequence of music. **7.30** Radio 3 in Concert **9.45** The Essay: Five Kinds of Amadeus **10.00** Night Tracks **11.30** 'Round Midnight **12.30-6.30am** Through the Night

CHOICE

The Scott Mills Breakfast Show
Radio 2, 6.30am
Robbie Williams is back releasing new music, with his *Britpop* album due next month. Here, he sits down with his old mate Scott Mills to chat about the pressures of being a popstar and a parent, his pre-show rituals, his love of Lulu, and his dad, who's living with Parkinson's, coming to one of his gigs.

BBC RADIO 4

FM 92.4-94.6MHz 6.00am Today **9.00** Start the Week **9.45** Cafe Hope **10.00** Woman's Hour **11.00** What Happened to Progress? **11.45** Piccadilly **12.00noon** News **12.04** You and Yours **12.57** Weather **1.00** The World at One **1.45** Human Intelligence **2.00** The Archers **2.15** Drama: Disordered **2.45** Opening Lines **3.00** Great Lives **3.30** You're Dead to Me **4.00** Ireland's New Alcohol Warning **4.30** Soul Music **5.00** PM **5.57** Weather **6.00** News **6.30** The Unbelievable Truth **7.00** The Archers **7.15** Front Row **8.00** The Briefing Room **8.30** BBC Inside Science **9.00** Start the Week **9.45** Cafe Hope **10.00** The World Tonight **10.45** Book at Bedtime: The Cyberiad **11.00** Wild Inside **11.30** Today in Parliament **12.00m't** News **12.30** Piccadilly **12.48** Shipping Forecast **1.00** As BBC World Service **5.00** News Summary **5.04** Yesterday in Parliament **5.32** Weather **5.34** Shipping Forecast **5.43** Prayer for the Day **5.45-6.00am** Farming

BBC RADIO 5 LIVE

693/909kHz 6.00am 5 Live Breakfast **9.00** Nicky Campbell **11.00** Naga Munchetty **2.00pm** Matt Chorley **4.00** 5 Live Drive **7.00** 5 Live Sport **7.45** Football **10.00** Tony Livesey **1.00-5.00am** Dotun Adebayo

BBC RADIO WALES

FM: 94.6MHz 6.00am Radio Wales News Update **6.05** Wake Up with Radio Wales **6.31** Radio Wales Arts Show **7.00** Radio Wales Breakfast **9.00** Bronwen Lewis **11.59** The Phone In **2.00pm** Justine Jones **5.00** Radio Wales Drive **6.30** Surrounded by Rebellion: Wales's Redcoats in the American Revolution **7.00** Huw Stephens **10.00** Eleri Sion **12.00m't** Relax with Radio Wales **1.00-6.00am** As Radio 5 Live

CLASSIC FM

100-102MHz 6.30am Classic FM Breakfast with Dan Walker **9.00** The Classic FM Hall of Fame Hour with Dan Walker **10.00** Alexander Armstrong **1.00pm** Anne-Marie Minhall **4.00** Margherita Taylor **7.00** Relaxing Evenings with Zeb Soanes **10.00** Calm Classics **1.00-4.00am** Bill Overton

ABSOLUTE RADIO

DAB 6.00am Dave Berry **10.00** Leona Graham **1.00pm** Ben Burrell **4.00** Bush and Richie **7.00** Danielle Perry **10.00** Jay Lawrence **1.00-6.00am** Dan Noble

Movies

FILM4

11.00am D-Day the Sixth of June (1956/PG) Second World War drama, starring Robert Taylor and Richard Todd. ★★★★

1.10pm Rio Grande (1950/U) Western, starring John Wayne and Maureen O'Hara. ★★★★

3.15 Buchanan Rides Alone (1958/U) Western, starring Randolph Scott. ★★★

5.00 Earth vs the Flying Saucers (1956/U) Sci-fi drama, starring Hugh Marlowe. ★★

6.45 Entrapment (1999/12) Crime thriller, with Sean Connery and Ving Rhames. ★★

9.00 Mission: Impossible – Rogue Nation (2015/12) The agents of the Impossible Mission Force become fugitives in order to bring down a shadowy society of assassins. Spy thriller sequel, with Tom Cruise. ★★★★

11.40 A Most Wanted Man (2014/15) Thriller, starring Philip Seymour Hoffman. ★★★★

2.10-3.55am Like a Boss (2020/15) Comedy, with Tiffany Haddish and Rose Byrne. ★★★

SKY CINEMA PREMIERE

7.00am A Make or Break Holiday (2025/U) See 4.55am. ★★

8.30 Cookster: The Darkest Days (2024/15) Drama, starring Craige Middleburg. ★★★

10.35 Borderline (2025/15) See 6.20pm. ★★★

12.20pm Nuremberg (2025/15) See 8.00pm. ★★★★

2.50 The Phoenician Scheme (2025/15) Comedy, starring Benicio Del Toro. ★★★★

4.35 Friendship (2024/15) Comedy, starring Paul Rudd and Kate Mara. ★★★★

6.20 Borderline (2025/15) Dark comedy horror, starring Samara Weaving. ★★★

8.00 Nuremberg (2025/15) A US Army psychiatrist is sent to assess high-ranking Nazi prisoners to decide if they are fit for trial. Thriller, starring Russell Crowe. ★★★★

10.30 28 Years Later (2025/15) Horror, starring Jodie Comer and Ralph Fiennes. ★★★★

12.30am Mission: Impossible – The Final Reckoning (2025/12) Action thriller, starring Tom Cruise and Hayley Atwell. ★★★★

3.20 All the Devils Are Here (2025/15) Thriller, starring Eddie Marsan and Sam Claflin. ★★★

4.55-6.25am A Make or Break Holiday (2025/U) Romantic drama, with Jennifer-Juniper Angeli and Marlee Walchuk. ★★

SKY CINEMA DRAMA

6.15pm Cicada (2020/15) Drama, with Matthew Fifer and Sheldon D Brown. ★★★

8.00 About Time (2013/12) Romantic fantasy comedy, with Domhnall Gleeson. ★★★★

10.10 Fifty Shades of Grey (2015/18) Erotic drama, starring Jamie Dornan. ★★★

12.20am Fifty Shades Darker (2017/18) Drama, with Dakota Johnson. ★★★

2.25 Fifty Shades Freed (2018/18) Drama, with Dakota Johnson and Jamie Dornan. ★★★

4.20-6.15am Parachute (2023/15) Comedy drama, starring Courtney Eaton. ★★★★

SKY CINEMA FAMILY

6.00pm Stuart Little (1999/U) Adventure, with the voice of Michael J Fox. ★★★★

7.40 Stuart Little 2 (2002/U) Adventure sequel, with the voice of Michael J Fox. ★★★

9.10 Jack the Giant Slayer (2013/12) Fantasy adventure, starring Nicholas Hoult. ★★★

11.15 My Penguin Friend (2024/PG) Drama, with Jean Reno and Adriana Barraza. ★★★★

1.05am Harold and the Purple Crayon (2024/PG) Family adventure, starring Zachary Levi, Lil Rel Howery and Zooey Deschanel. ★★★

2.50 Cats & Dogs: The Revenge of Kitty Galore (2010/U) Comedy sequel, starring Chris O'Donnell and James Marsden. ★★★

4.25-6.00am Yogi Bear (2010/U) Comedy, with the voice of Dan Aykroyd. ★★★

TALKING PICTURES TV

5.30pm Bonanza Western drama series.

7.00 The Footage Detectives Archive film.

8.00 The Racing Game Last in series.

9.05 Gideon's Way Police drama.

10.05 The Executioner (1970/PG) Espionage drama, starring George Peppard. ★★★

12.20am Doll's Eye (1983/15) Drama, starring Sandy Ratcliff and Bernice Stegers. ★★★

1.55 Bullet Scars (1942/PG) Drama, with Regis Toomey and Adele Longmire. ★★★

3.10-5.15am Red King, White Knight (1989/15) Espionage thriller, starring Tom Skerritt and Helen Mirren. ★★★

GREAT! MYSTERY

4.00pm Diagnosis Murder Detective drama.

5.00 Murder, She Wrote Angela Lansbury stars.

6.00 Sue Thomas: FBEye Part one of two.

7.00 Castle American crime drama.

8.00 Unforgettable Poppy Montgomery stars.

9.00 Flower Shop Mystery: Snipped in the Bud (2016/PG) Mystery sequel, starring Brooke Shields and Brennan Elliott. ★★★

10.55 An Aurora Teagarden Mystery: Last Scene Alive (2018/PG) Whodunit, starring Candace Cameron Bure. ★★★

12.50am Running Away (2017/PG) Thriller, with Holly Deveaux and Paula Trickey. ★★★

2.35 Erasing His Past (2019/PG) Thriller, with Michael Welch and Mary Badham. ★★★

4.00-6.00am Sue Thomas: FBEye

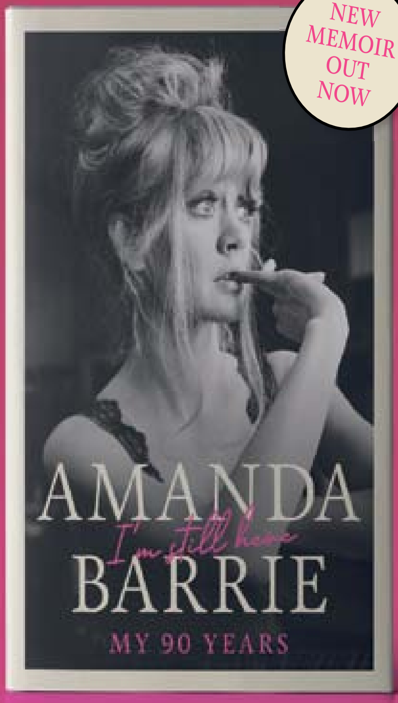
ALCOHOL & LICENSING

LICENSING ACT 2003

Notice is hereby given that I, **Yuk Chuan Pang**, have made an application under section 17 of part 3 of the Licensing Act 2003 for the grant of a premises licence for the premises known as: **Regency Palace**,101 -105 Vicar Lane, Leeds, LS1 6PJ I intend to conduct the following licensable activities on or from the premises: Sale by Retail of Alcohol,Performance of Recorded Music Everyday 11:00 - 00:00 Late Night Refreshment Everyday 23:00 - 00:00 Responsible authorities or any other person may make written representations to Leeds City Council about this application until 3rd February 2026 which should be sent to Entertainment Licensing, Leeds City Council, Civic Hall, Leeds, LS1 1UR For full details and to view a copy of the application please contact Entertainment Licensing on 0113 378 5029 or email entertainment.licensing@leeds.gov.uk It is an offence to knowingly or recklessly make a false statement in connection with an application and the maximum fine for which a person is liable on conviction for this offence is an unlimited fine

"Twenty-five years ago
the world celebrated
the millennium while I
celebrated the beginning
of a new life I had never
imagined would be
possible."

NEW
MEMOIR
OUT
NOW


AMANDA
I'm still here
BARRIE
MY 90 YEARS

90 years and
still counting...

AMAZON

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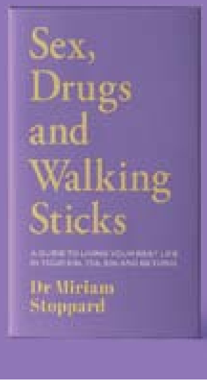
Sex, Drugs and
Walking Sticks

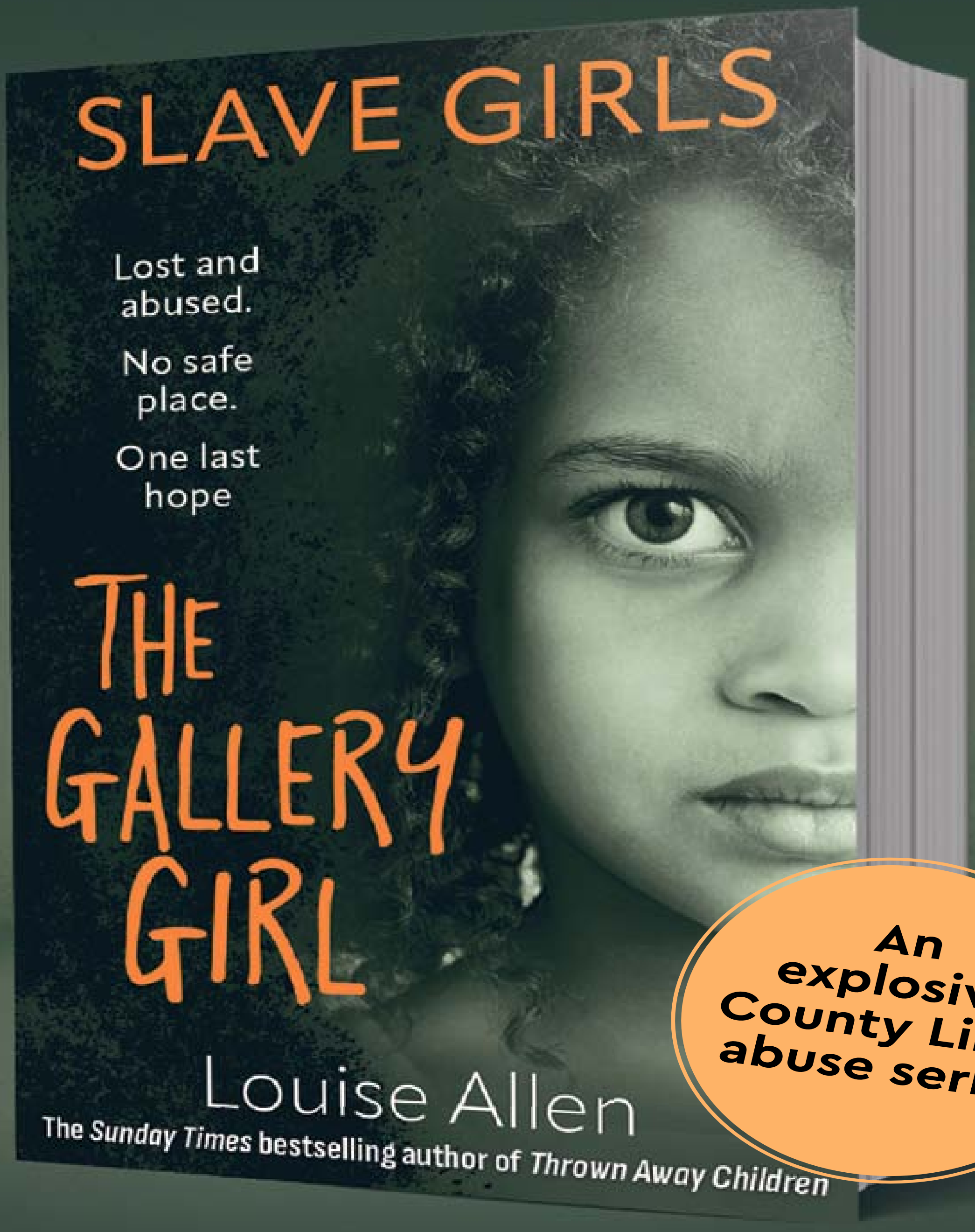
by Dr Miriam Stoppard

AMAZON


Sex,
Drugs
and
Walking
Sticks
Dr Miriam
Stoppard

SLAVE GIRLS
THE THIRD INSTALMENT

With no one looking out for her,
Candace has one hope for help
- but there is a huge risk


SLAVE GIRLS
Lost and
abused.
No safe
place.
One last
hope
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Letters

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LETTER OF THE DAY

STOP THE SILENT INVASION

Nothing has happened despite vows to smash the gangs

Time leaders got migrant wake-up call

WELL, if I had woken up this morning to the news that last night British special forces had made a series of daring and targeted raids on the French channel coast, seizing dozens of people smugglers and helicoptering them in handcuffs back here to the UK for trial, I would be absolutely delighted ("Killing time until new world order", January 10).

I would think, thank goodness someone is finally doing something sensible and effective about the whole illegal migrant problem.

However, in reality absolutely nothing is being done and this relentless invasion continues with all the fallout of increased crime, overcrowding, horrific escalating cost to taxpayers and social unrest, etc.

Gail Reeve,
Overton, Hants

Elite sabotaged our Brexit every chance they got

NO, ANDY Morgan, Brexit has not been a disaster. Brexit has been thwarted every step of the way, purely due to the efforts of Remainers, the establishment, the "blob" and the metropolitan elite ("Brexit's a disaster – hold another referendum now", Letters, January 8). Because of these numpties, Brexit was never allowed to achieve its true goal.

Why should any sound-thinking person believe it would be an excellent idea to rejoin this bureaucratic, inflexible failing system? All we would be is a rule taker again and end up paying in much more into the EU than what we get out. What happened to a democratic vote being binding? That question is for you and others like Keir Starmer to answer. I'll not hold my breath for a sensible reply.

Paul Seddon,
Twickenham, Gtr London

Remainers blocked UK's progress after referendum

YOUR correspondent is completely blaming Brexit for our current woes. The reason it hasn't worked is because the last Tory Government, and the present Labour one, haven't used it to our advantage.

The present Government is full of Remainers, and the previous Tory one had a large percentage of them too. There are so many advantages and freedoms we could use to bring back our country to what it was before we threw it all away.

I've racked my brain to work out why so many politicians want us back in the EU. The only conclusion I can reach is they have something to gain, and stuff the rest of us.

Steve Collard,
Beckenham, Gtr London

Democracy only important when it suits the liberals

WHAT universe does this Remoaner live in? It has been obvious from the outset that this Government, together with the Lib Dems, some Conservatives, the Civil Service and the liberal elite, has done its best to oppose any advantage that could be achieved through Brexit – and it is they who should be held to account. We then boast that we are a democracy, ha!

David Rickers,
Wokingham, Berks

Nobody I know wants to rejoin the grasping EU

ANDY Morgan says people want another referendum on leaving the EU and feels it will be reversed.

Maybe he ought to get out a bit more and talk to real people. None of the people I talk to want to rejoin the EU at all.

The failure is down to having biased civil servants and minsters and a PM in Theresa May for not applying the will of the people.

John Howard,
Hemel Hempstead, Herts

You lost the vote, build a bridge and just get over it

YOUR correspondent wishes to hold another vote to ascertain the will of the people regarding Brexit. Has he forgotten that we already had one and his lot lost?

Andrew Hill,
Stratford-upon-Avon, Warks

Read the facts from Tice about why Keir's wrong

I ASSUME your reader Andy Morgan, a typical Remoaner, hasn't read Reform UK Deputy Leader Richard Tice's report on Facts4EU. It discredits all the reasons our useless and incompetent PM cites for wanting closer ties with the EU.

Terry Martin,
Bordon, Hants

Labour serves up a dog's breakfast in restaurants

VIRGINIA Blackburn's restaurant experience shows how Labour has decimated our hospitality sector ("Rayner's last supper will choke businesses", January 8).

If the measure of a government's success is leaving the country better off, I'd be hard pressed to think of one, as politicians make the world's worst leaders, decision-makers, business managers and administrators.

We might try having intervening small Swiss and Singapore-style governments without political agendas, to stay out of the way and just keep things running – allowing the country to recover.

Roy Daniels,
Kingsclere, Hants

The cheek of it! Glow with the flow of a warm home

LIKE Virginia Blackburn, I've never heard of "central heating face" but assume it is someone with glowing cheeks? I'd prefer that to the expression my mum used when I was grumpy: "Your face looks so miserable it would stop a clock" or, worse, "your face looks like the back of a bus!" ("Radiating a glow is better than Grim Reaper's icy stare", January 8). Give me a rosy glow, central heating face, any day.

Lynne English,
Wickford, Essex

Hypocrites who sunk our kids' chances of success

I WOULD like to thank Vanessa Feltz for her article regarding private schools ("Classless Keir and the politics of envy", January 7).

Sadly, nothing will reverse this vile tax which was imposed by spiteful, left-wing individuals, some of whom were privately educated themselves or received the benefit of the system.

I am 75 and gave up everything to educate our children privately. Our daughter is very intelligent and blossomed in small classes and our son, who is dyslexic and has ADHD, has managed to cope with his problems and has a responsible job and is a charming person.

Our daughter wanted her children to have every opportunity, so decided to do the same. I worked until I was 73 supporting them and both my daughter and son-in-law work long hours to enable them to meet the fees. Because of the increase, I may have to go back to work but the children are now home schooled for one term a year, which is very difficult with full-time jobs, we cannot afford three terms.

I pray when this "Government" is gone that this will be revisited to save our children's future.

Claire Rodgers,
Newton Abbot, Devon

Starmer & Co are killing firms and workers' hopes

THE workers' rights bill is a disaster for workers as well as employers because it adds costs and limits opportunities. But we've seen that already with the increase in NI killing the jobs market and increasing unemployment every month since this shambles came to power. Just 42 months to oblivion.

Barrie Warren,
Bury, Lancs

RED CARD FOR TOP COP OVER VILLA V MACCABI TEL AVIV OWN GOAL

WITH the current scandal engulfing the West Midlands Police, I cannot help but feel that had I, during my time as a police officer, behaved as the senior command of that force have over the Aston Villa v Maccabi Tel Aviv Europa League tie then I would have been served with disciplinary notices, brought before a disciplinary panel and dismissed before I could say "evening all" ("Warped values in full force at West Mids Police", January 9).

If the Chief Constable fails to quit, disciplinary action, with a view to dismissal, must follow.

Christopher Humphreys,
Ewloe, Flint

TODAY: Monday January 12, 2026

ON THIS DAY

Daily Express

109 years ago (1917)
We revealed women's contribution to the war effort during the First World War.

As Prime Minister David Lloyd George urged women to invest their savings in war bonds to boost the economy, we highlighted some of the jobs occupied by women.

With millions of men away at the frontline, women were working as chemists, glaziers, chimney sweeps and railway booking clerks.

50 years ago (1976)
Crime writer Dame Agatha Christie died peacefully at her Winterbrook House home in Oxfordshire, after suffering poor health for several years.

Two West End theatres, the St Martin's, where Christie's The Mousetrap continued its recordbreaking run, and the Savoy dimmed their outside lights in her honour.

25 years ago (2001)
Swede Sven-Goran Eriksson became the first non-British manager to be appointed coach of the England national football team.

Dubbed "the iceman" for his calmness under pressure, Eriksson was tasked with turning around the team's fortunes after a string of poor results before the 2002 World Cup qualifiers.

BIRTHDAYS

Amazon founder **Jeff Bezos** turns 62. He has a net worth of £187billion. Singer **Zayn Malik** is 33. He originally wanted to be an English teacher. US shock jock **Howard Stern** is 72. He wanted to be in radio from age five. Great North Run founder **Brendan Foster** is 78. He won the 1976 Olympic bronze for the 10,000m.

TODAY'S GIGGLE

Someone told me I should write a book. I said: "That's a novel concept."

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MELANIE C
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ARIES MARCH 21-APRIL 20

The day might begin at a slower pace than normal. This is due to you feeling slightly sluggish. It could also be you are re-evaluating plans made for the future. Ideally, you should take time for yourself to do some thinking. Embrace this moment of contemplation, as it may lead you to unexpected insights that could illuminate your path ahead.

For more call **0905 789 4171**
(80p/min + network access charge)

TAURUS APRIL 21-MAY 21

High energy levels aren't likely to be wasted. You feel a strong need to direct your efforts towards a special goal. If this project has suffered some challenges, you will keep going. Determination keeps you focused, illuminating the path ahead with unwavering clarity and purpose. Embrace the momentum, for it could lead to unexpected breakthroughs.

For more call **0905 789 4172**
(80p/min + network access charge)

GEMINI MAY 22-JUNE 21

You feel refreshed as the day begins. While those around you take time to get into another week, your enthusiasm will quickly motivate everyone. Friends and workmates will be surprised by your eagerness to get started on a project you hadn't shown much interest in. Embrace this drive and watch how it transforms the atmosphere around you.

For more call **0905 789 4173**
(80p/min + network access charge)

CANCER JUNE 22-JULY 23

A business partner might seem overly enthusiastic, leaving you pondering on their intentions. Maybe they just want to expedite matters that have been lingering. Even so, if you are suspicious about them pushing you towards a decision that may not benefit you, it would be best to exercise caution. Trust your instincts, they often reveal hidden truths.

For more call **0905 789 4174**
(80p/min + network access charge)

LEO JULY 24-AUG 23

A partner or parent hasn't understood you recently. It is time to be open and be honest. A heart-to-heart conversation will mark a pivotal moment in this relationship. Looking back on it all, you might wish you'd had this discussion earlier. Remember, vulnerability can often lead to a deeper connection, revealing strengths in your bond.

For more call **0905 789 4175**
(80p/min + network access charge)

VIRGO AUG 24-SEPT 23

A stray piece of gossip will come to your attention. This could involve a friend and you won't like the implications. You may not be able to stop this from spreading but at least you can choose not to engage, in an effort to nip this rumour in the bud. Sometimes silence speaks louder than words. Protect your friend by considering the best way to respond.

For more call **0905 789 4176**
(80p/min + network access charge)

LIBRA SEPT 24-OCT 23

You feel indifferent about a suggestion made by a housemate. Someone is going to feel disappointed by your lack of excitement when they had expected you to encourage their ideas. As the day unfolds, it might be worth reflecting on how to communicate your feelings with kindness, as it could foster better understanding between you both.

For more call **0905 789 4177**
(80p/min + network access charge)

SCORPIO OCT 24-NOV 22

You're experiencing difficulties with a colleague when you can't see eye to eye and you're struggling to find common ground. If your working relationships aren't quite what you would like them to be, your home life will provide some balance. Seek solace in the comfort of loved ones, as their support can be a guiding light amid professional turbulence.

For more call **0905 789 4178**
(80p/min + network access charge)

SAGITTARIUS NOV 23-DEC 21

Others who weren't looking forward to getting back into their everyday routine will be pleasantly surprised to find that life is never boring with you around. Your presence will spark joy, encouraging a lightness that encourages camaraderie. Embrace this moment, as the positive energy you exude could lead to unexpected opportunities.

For more call **0905 789 4179**
(80p/min + network access charge)

CAPRICORN DEC 22-JAN 20

If you're attending an interview or visiting a newly listed house, you will be doing this discreetly. Wait and see what happens and share information only when you feel the time is right. Trust your instincts, they will guide you through this exciting yet private phase of discovery. Embrace the mystery as it adds a touch of intrigue to your journey.

For more call **0905 789 4180**
(80p/min + network access charge)

AQUARIUS JAN 21-FEB 19

You're following your impulses and yet you feel guilty about it even though you know that what you are doing is right for you. There could be a few advantages coming your way from your assertive actions. Embrace this moment of empowerment, as it might just lead to opportunities. This evening, it seems important that you keep a loved one happy.

For more call **0905 789 4181**
(80p/min + network access charge)

PISCES FEB 20-MARCH 20

It hasn't escaped your notice that things haven't been going to plan. Even so, by the end of today you will feel a great sense of pride. An achievement will give you the opportunity to look forward with hope. Embrace this moment, it may well be a turning point. Today holds the promise of transformation, igniting a spark of inspiration within you.

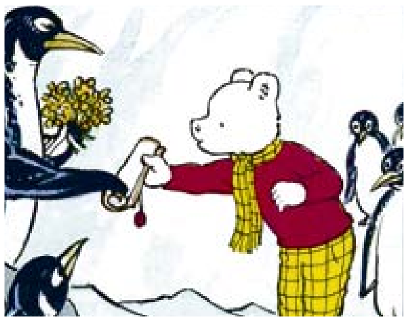
For more call **0905 789 4182**
(80p/min + network access charge)

Calls cost 80p per minute plus your telephone company's network access charge – maximum of 5 minutes duration. You must be over 18 and have the bill payer's permission. Service provider Spoke. Helpline 0333 202 3390

NUTWOOD TALES

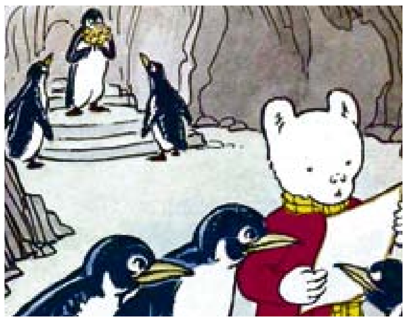
To order a copy of the Rupert Annual 2024 (£10.99) visit www.expressbookshop.com or call Express Bookshop on 020 3176 3832. Free UK P&P on online orders over £25.

RUPERT AND THE PENGUINS No.9



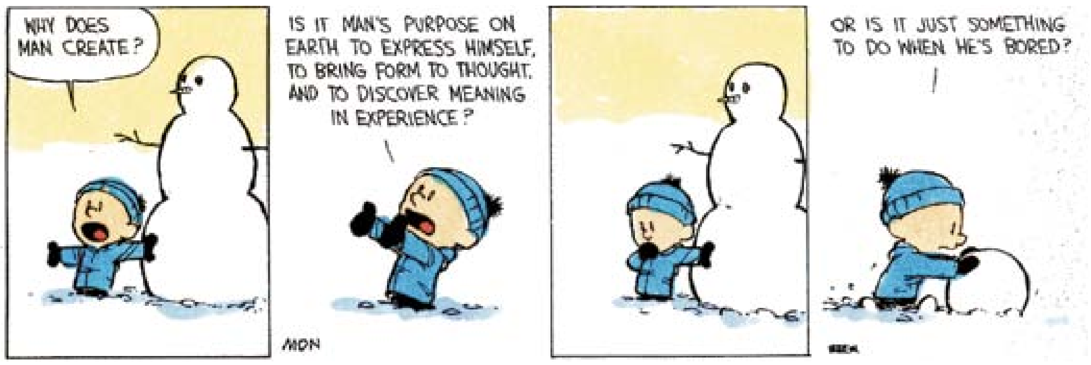
"Three other royal names I ask
To see! This scroll explains your task."

"Four visitors of royal name
He must receive – no two the same!"

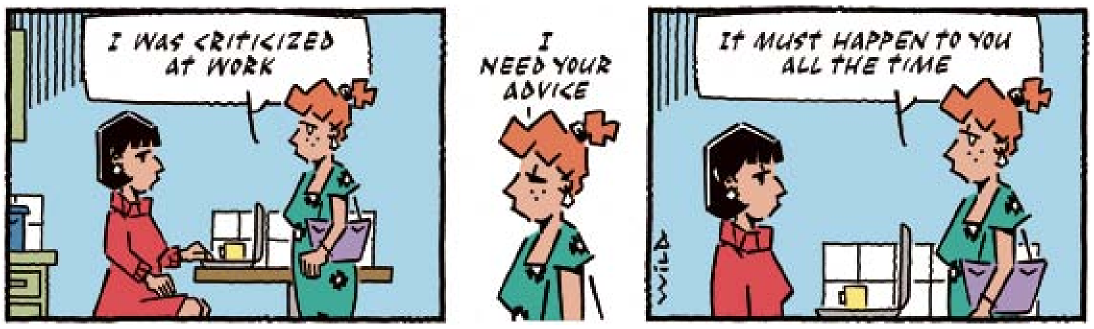


Rupert is wondering what happens next when the King Penguin, still holding the kingcups, hands him a gold-edged scroll. "Since you, little bear, have honoured me by bringing flowers bearing a royal name, I now make you my special messenger. Your task is to bring three other royal names to see me. This scroll will show that you are on a mission for me." "I shall do my best," Rupert falters, bowing himself out. "You must not fail!" the sentries warn.

CALVIN AND HOBBES
BILL WATTERSON


WHY DOES MAN CREATE?
IS IT MAN'S PURPOSE ON EARTH TO EXPRESS HIMSELF, TO BRING FORM TO THOUGHT, AND TO DISCOVER MEANING IN EXPERIENCE?
MON
OR IS IT JUST SOMETHING TO DO WHEN HE'S BORED?

FAITH, HOPE AND SUE
LISA WILD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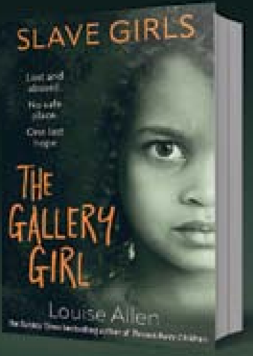
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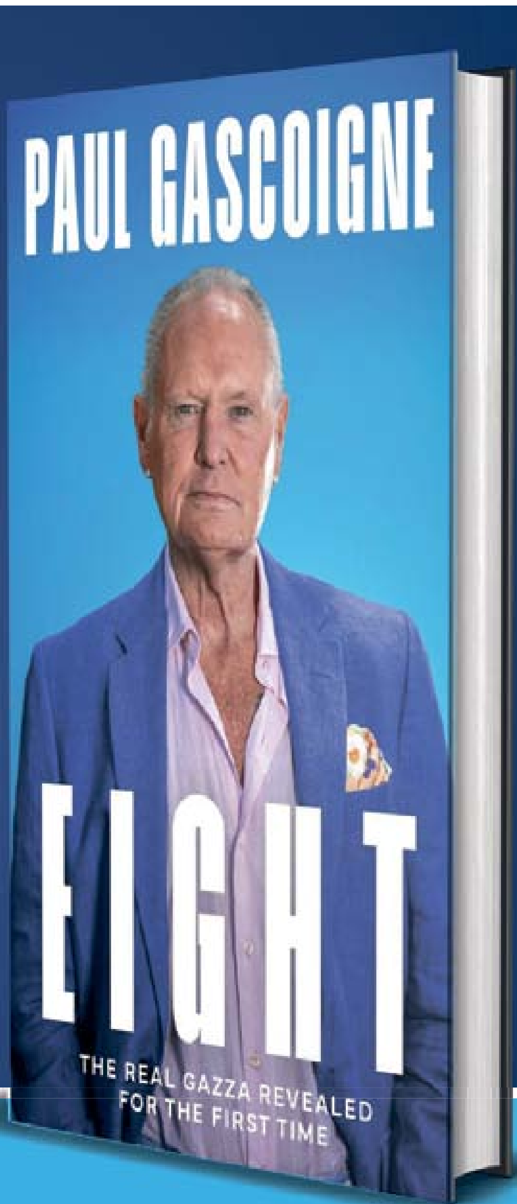
PAUL GASCOIGNE
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Racing

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Sober sharpens up at Punchestown

By **David Yates**

SOBER earned a 14-1 (from 33-1) quote for Cheltenham's Supreme Novices' Hurdle with a victory cruise in the Grade Two Sky Bet Moscow Flyer Novice Hurdle at Punchestown.

Having his first outing since landing the Queen Alexandra Stakes at Royal Ascot last June – he had made a winning debut over hurdles at Killarney the previous month – the Willie Mullins-saddled seven-year-old and Paul Townend had five and a half lengths to spare over 8-11 favourite Road Exile.

"He quickened really well," said the jockey, left. "It was a nice performance. I hadn't seen him for a long time and he can improve plenty.

"I liked the willingness he showed, after the first, to take on his hurdles and he enjoyed it today.

"It'll do his confidence good."

IT'S A TOUGH ASK

Skelton chaser takes on Jonbon in Ascot clash

By **David Yates**

THISTLE ASK faces a "bloody hard" test in next Saturday's Clarence House Chase, where his opponents at Ascot include defending champion – and 10-time Grade 1 winner – Jonbon.

The nine-year-old is unbeaten in four outings since joining Dan Skelton last year, adding to a 13-day hat-trick – the last leg of the threesome came in Exeter's Haldon Gold Cup in November – with a 10-length victory in the Desert Orchid Handicap Chase at Kempton Park two days after Christmas.

But Skelton, right, admits a first foray into the top tier – Thistle Ask, on a British Horseracing Authority rating of 158, is 8lb inferior to Nicky Henderson's stable stalwart – demands more.

"This is a whole new level – it's going to be bloody hard, make no mistake," said the trainer.

"He's climbed up the handicap and he's put to bed a lot of horses en route to this, but this is going to be so much harder than anything he's faced to date.

"I think he will run his absolute best race – now whether that's five lengths better or 10 lengths short of Jonbon, I don't know.

"He broke the track record last time – everything was in his favour round Kempton, but Ascot is right-handed and I think he'll fly round there.

"It's just going to be a lot harder with Jonbon there but he is ready."

Sidelined Nico de Boinville faces a race against time to be fit to ride Jonbon.

The 36-year-old has been out since suffering concussion in a fall at Cheltenham on New Year's Day and his agent Sam Stronge said: "Hopefully he'll be back before next weekend."

THISTLE DO: Thistle Ask goes for the Clarence House Chase

1.00 CONDITIONAL JOCKEYS' HANDICAP CHASE £3,248 (Class 5)3m 1f 44yds (12 declared)

1	PLP-43L	**BORN AT MIDNIGHT (57)** Kathy Turner 11 12-0	**F Gordon**	**105**
2	1382-L2	**ITHAKA (23)** R Potter 10 12-0	**F Mitchell**	**102**
3	9121/PP-	**HEVA ROSE (339) (C&D)** V Williams 9 11-12	**N Fox(3)**	**–**
4	472F-2P	**INNISFREE LASS (46)** S Edmunds 8 11-10	**Doubtful**	
5	3/56-L46	**MARY'S FORTUNE (33)** T Vaughan 8 11-5	**R Corcoran(5)**	**105**
6	43834/2-	**JUST IN A BIT (590)** Mrs M Rowley 8 11-4	**Shane Quinlan**	**–**
7	F13PP2	**ILLOGICAL LOGIC (50)** Christian Williams 8 11-4	**T McCain-Mitchell**	**104**
8	1344-P1	**LIGHTONTHEWING (27) (D)** Mrs S Gardner 11 11-1	**C P O'Shea(5)**	**102**
9	7484-7	**TONGAKNOXIE (89)** P Hobbs & J White 6 10-12	**C Pritchard**	**–**
10	PU1-4P3	**TUSCAN ROSE (27)** N Mulholland 8 10-9	**B Harris(3)**	**101**
11	45975L	**LYNSEY LARUE (33)** E Williams 7 10-6	**E Collier(3)**	**96**
12	22L-LL3	● **MARTALMIX'JAC (33)** Mrs M Rowley 9 10-6	**Tabitha Worsley**	**★109**

BLINKERS: No. 5 TONGUE STRAP: Nos. 2, 5, 12 CHEEK PIECES: Nos. 1, 4, 10, 12.

SOFT/HEAVY WINNERS: Nos. 1, 4, 8, 12, 10.

SP FORECAST: 7-2 Lightonthewing, 4 Illogical Logic, 7 Ithaka, Just In A Bit, 8 Heva Rose, 10 Tuscan Rose, 12 Born At Midnight, 14 Others.

1.30 NOVICES' HURDLE (GBB RACE) (DIV 1) £5,446 (4) 2m 53yds (14)

1	21	**LOOPING D'ARC (41) (D)** W Greatrex 5 11-10	**J Bowen**	**112**
2	421-51L	● **RACE TO BASE (37) (C&D)** N & W Twiston-Davies 6 11-10	**S Twiston-Davies**	**125**
3	23/5-0L	**AHANAGLOGH (16)** F O'Brien 7 11-3	**T Broughton(5)**	**79**
4	88	**BOSTON SAVR (13)** J & A O'Neill 5 11-3	**Jonjo O'Neill Jr**	**100**
5	1-5	**GLANCING JACK (82)** T Symonds 5 11-3	**B Poste**	**–**
6	022	**GUARDAMI ANCORA (32)** E Williams 5 11-3	**C Ring**	**113**
7	F21-143	**LOADED AND LOCKED (33) (S)** E Lavelle 6 11-3	**H Cobden**	**★126**
8	63-P0	**LOOTENAY (26)** S-J Davies 5 11-3	**S Fenelon(5)**	**83**
9	2P9	**TRIPLE HAYCH (23)** Sheila Lewis 7 11-3	**R Patrick**	**89**
10	29	**WESTERN CROSS (48)** P Hobbs & J White 5 11-3	**Sean Houlihan**	**–**
11	8	**CIAO BELLISIMA (17)** Henry Oliver 6 10-10	**N Slatter(3)**	**90**
12	6-6	**GLANCING BACK (71)** Mrs E Bishop 6 10-10	**Lilly Pinchin**	**87**
13	335-11	**LADY MAGIC (228)** T Symonds 5 10-10	**N Fox(5)**	**–**
14	2	**DONEGAL (31)** C Longsdon 4 10-4	**S Bowen**	**110**

HOOD: No. 12.

SOFT/HEAVY WINNERS: Nos. 13.

SP FORECAST: 10-3 Loaded And Locked, 4 Guardami Ancora, Donegal, Looping D'arc, 5 Race To Base, 12 Lady Magic, 14 Glancing Jack, 25 Boston Savr, 50 Others.

TRACK FACTS: GOING: Good to Soft. Right Handed. **TOP TRACK JOCKEY (2021-26):** Sam Twiston-Davies 22% Strike rate. **TOP TRACK TRAINER (2021-26):** J & A O'Neill 22% Strike rate. **FIRST TIME:** 1.00 Heva Rose (wind surgery), 2.00 Aguellid (hood), Both Of Us (tongue strap), 3.30 Time Was (wind surgery), Fay Ce Que Voudras (cheek pieces, tongue strap), 4.00 Arizona Moon (tongue strap). **BEATEN FAVOURITES:** 1.00 Just In A Bit(hcp ch). 1.30 Loaded And Locked. 2.30 Ede'iffs Rock(hcp ch), The Magus(hcp ch). 3.00 Shorten Sassy(hcp hdl). **LONGEST TRAVELLER: Smart Bucks** (3.00) & **Time Was** (3.30) 210 miles. **STABLE SWITCH:** 1.30 **Lady Magic** from A Fouassier in France to T Symonds. 2.00 **Both Of Us** from G Boughey to Kerry Lee. 3.30 **Ballerina Boxer** from William Harvey to Mrs N Evans, **Jessie Jump Jet** from T Lacey to S Drinkwater, **Lady Fortune** from M Comley to D Killahena & G McPherson. 4.00 **Britway Belle** from D P Murphy in Ireland to Henry Oliver, **Loch Ness Pineau** from M Goff in Ireland to B Pauling, **Pigeon Forge** from C Bowe in Ireland to E Lavelle, **Roi Du Roume** from C Bowe in Ireland to M Bowen.

2.00 NOVICES' HURDLE (GBB RACE) (DIV 2) £5,446 (4) 2m 53yds (14)

1	144-B51	● **VOL ROYALE (33) (C&D) (S)** K Woollacott 6 11-10	**H Cobden**	**★117**
2	4-3	**AGUELLID (56)** P Hobbs & J White 5 11-3	**Sean Houlihan**	**115**
3	21/PBP-8	**COOLER THAN ME (17)** F O'Brien 8 11-3	**T Broughton(5)**	**80**
4	L-0	**COTE D'ANGE (74)** S Thomas 5 11-3	**D Johnston**	**71**
5	23-3P	**COULD BE YOU (16)** R Potter 6 11-3	**H Kimber**	**98**
6	8-77	**HARBOUR LIGHT (33)** N & W Twiston-Davies 5 11-3	**T McCain-Mitchell(5)**	**93**
7	6	**KENOBI (68)** E Williams 5 11-3	**C Ring**	**–**
8	4-94	**LORD VIRGINIA (46)** M Keighley 5 11-3	**Beau Morgan(5)**	**–**
9	82-6U58	**LOVIS DE SCEAUX (33)** S-J Davies 5 11-3	**S Fenelon(5)**	**64**
10		**LYRIC (F254)** J & A O'Neill 5 11-3	**Jonjo O'Neill Jr**	**–**
11	35-3	**PETER'S LAST DEAL (70)** T Symonds 5 11-3	**B Poste**	**103**
12	U70	**RAGING AL (23)** T Vaughan 5 11-3	**J M Davies**	**85**
13	2-68	**DARING TO DREAM (26)** H Dickin 5 10-10	**J Best**	**103**
14		**BOTH OF US (F81)** Kerry Lee 4 10-4	**Doubtful**	

TONGUE STRAP: No. 14 HOOD: Nos. 2, 12, 13.

SOFT/HEAVY WINNERS: Nos. 3.

SP FORECAST: Evens Vol Royale, 3 Aguellid, 6 Peter's Last Deal, Lyric, 25 Harbour Light, Lord Virginia, Both Of Us, Daring To Dream, 33 Others.

2.30 CB PROTECTION AND SECURITY HCAP CHASE £4,700 (4) 2m 4f 194yds (11)

1	2/L7-521	**NOAHSGREATRAINBOW (27) (F)** Harry Derham 7 12-0	**Paul O'Brien**	**124**
2	3884-01	**SOLDIEROFTHESTORM (15)** J & A O'Neill 8 11-10	**Jonjo O'Neill Jr**	**–**
3	L11-F51	**RODNEY (15)** Kerry Lee 7 11-8	**C Deutsch**	**★127**
4	9/310P-3	**THE WINSLOW BOY (68)** T Symonds 7 11-7	**B Poste**	**119**
5	316-348	**GOLD FOR ALEC (32)** T Symonds 6 11-6	**C Pritchard(3)**	**76**
6	4LL-F42	**PEPE LE MOKO (26) (D)** Mrs J Williams 8 11-6	**C Gethings**	**124**
7	L-6159L	**ZESTFUL HOPE (27) (C)** C Longsdon 9 11-4	**D Bass**	**126**
8	1241L-F	● **EDE'IFFS ROCK (27) (D)** Kathy Turner 8 11-1	**H Kimber**	**122**
9	25-425P	**JUST FORTY (12)** W Greatrex 5 10-10	**J Bowen**	**–**
10	421-033	**THE MAGUS (32)** E Williams 6 10-9	**C Ring**	**123**
11	32/964-	**I AIN'T YOUR MATE (331)** Christian Williams 6 10-8	**J Tudor**	**–**

TONGUE STRAP: Nos. 3, 9 CHEEK PIECES: Nos. 6, 7, 8.

SOFT/HEAVY WINNERS: Nos. 8, 5, 1, 6, 3, 2, 7.

SP FORECAST: 7-2 Noahsgreatrainbow, 9-2 Rodney, 5 Soldierofthestorm, 13-2 Pepe Le Moko, 7 I Ain't Your Mate, 8 Ede'iffs Rock, 10 The Magus, 12 Others.

3.00 NOVICES' LIMITED HANDICAP HURDLE £3,248 (5) 3m 1f 119yds (12)

1	5654-32	**BRIERY BUTTERFLY (49)** H Daly 7 11-12	**S Twiston-Davies**	**96**
2	745-8	**MR GRIFFITHS (68)** J & A O'Neill 6 11-7	**Jonjo O'Neill Jr**	**86**
3	05L6/P4	**VENGEANCE (39)** J Frost 8 11-6	**Doubtful**	
4	L3-P1P4	**BREDON HILL DART (23)** Mrs S Gardner 7 11-5	**Lucy Gardner**	**94**
5	43/44-21	**HAPPY RETURNS (39)** N Mulholland 9 11-3	**B Harris(3)**	**93**
6	U84-265	**SHORTEN SASSY (23)** Mrs M Rowley 6 11-3	**Shane Quinlan(3)**	**94**
7	88L-P41	● **BOLLIN THOU (12) (F)** Nick Scholfield 8 11-2	**S Bowen**	**★97**
8	65PP-14	**JEWEL EYED JUDY (33)** N & W Twiston-Davies 6 11-2	**J Turner(5)**	**92**
9	5-ULP8	**GETAWAY SAM (16)** M Sheppard 6 11-1	**N Fox(5)**	**77**
10	677-5LL	**HARKSMAN (63)** M Keighley 6 11-0	**J Best**	**95**
11	PL-6P64	**SMART BUCKS (16) (F) (T)** P Kirby 6 10-6	**J Williamson(3)**	**94**
12	P0-8P6P	**DONTWORRYWEGOTTHIS (31)** G Howell 7 10-5	**Tabitha Worsley(3)**	**56**

TONGUE STRAP: No. 3 CHEEK PIECES: Nos. 4, 5, 7, 11, 12.

SOFT/HEAVY WINNERS: Nos. 8.

SP FORECAST: 5-2 Bollin Thou, 3 Happy Returns, 4 Briery Butterfly, 10 Mr Griffiths, 12 Shorten Sassy, Bredon Hill Dart, 16 Others.

HEREFORD SKYSPORTSRACING

THE SCOUT

1.00	Martalmix'jac	3.00	Bollin Thou
1.30	Race To Base	3.30	JAMAICAINE (nb)
2.00	Vol Royale	4.00	Cool Customer
2.30	Ede'iffs Rock		

3.30 R&A MASON MARES' HANDICAP HURDLE £3,248 (5) 2m 3f 147yds (14)

1	1233/5	**SWEET HONEY B (34)** C Boultbee-Brooks 8 12-0	**R Patrick**	**89**
2	P417P8	**GOWER SPIRIT (16) (D)** M Sheppard 6 11-11	**S Sheppard**	**97**
3	515L6L	**BALLERINA BOXER (86)** Mrs N Evans 8 11-9	**Mr Jack Stenhouse(7)**	**96**
4	342-022	**FEET ON THE GROUND (41)** F O'Brien 8 11-9	**J J Burke**	**★102**
5	2-LL6	**NOBLE GRACE (12)** W Greatrex 5 11-3	**J Bowen**	**95**
6	43L85P-	**JESSIE JUMP JET (301)** S Drinkwater 6 11-2	**R T Dunne**	**96**
7	634L-64	**FAY CE QUE VOUDRAS (34) (C)** Kerry Lee 10 11-1	**L Harrison**	**93**
8	L3-L6FP	**MAKE SUNSHINE (23)** R Potter 7 11-0	**N Fox(5)**	**92**
9	P/U-LL51	● **JAMAICAINE (33) (C&D)** N Mulholland 7 11-0	**C O'Farrell**	**99**
10	64U31/L	**HARTHILL (21)** David Dennis 8 10-10	**T Bellamy**	**58**
11	88-L6P2	**TIME WAS (47) (T)** P Kirby 9 10-9	**J Williamson(3)**	**99**
12	208F1P	**FORMEL PARK (49)** E Williams 6 10-3	**C Ring**	**101**
13	5LL7P-5	**LADY FORTUNE (213)** D Killahena & G McPherson 6 10-3	**J Best**	**98**
14	FP5344	**PRAIRIE QUEEN (46)** Mrs S Gardner 6 10-2	**Sean Houlihan**	**100**

TONGUE STRAP: Nos. 7, 8, 13, 14 CHEEK PIECES: Nos. 7, 12 HOOD: No. 3.

SOFT/HEAVY WINNERS: Nos. 7, 12, 2, 10.

SP FORECAST: 9-4 Jamaicaine, 4 Feet On The Ground, 11-2 Time Was, 10 Prairie Queen, 12 Sweet Honey B, Formel Park, 14 Fay Ce Que Voudras, Noble Grace, 16 Others.

4.00 7TH MARCH OPEN NH FLAT RACE £2,451 (5) 2m 53yds (11)

1		**ARIZONA MOON** S Edmunds 5 11-2	**C Hammond**	**–**
2	2-2	● **COOL CUSTOMER (41)** F O'Brien 5 11-2	**J J Burke**	**★108**
3	1	**LOCH NESS PINEAU (78)** B Pauling 5 11-2	**B R Jones**	**–**
4	P5-3P1	**ROI DU ROUME (43)** M Bowen 6 11-2	**J Bowen**	**–**
5	3	**THAT'LL BE OXO (41)** K Bailey & M Nicholls 5 11-2	**T Bellamy**	**105**
6	1	**BRITWAY BELLE (92)** Henry Oliver 5 10-9	**F Keighley(7)**	**–**
7	0	**DON'T CALL ME SUE (40)** N Mulholland 6 10-9	**C O'Farrell**	**94**
8		**FAITH'S SONG** T Symonds 5 10-9	**B Poste**	**–**
9	5	**MYSTI MEADOW (40)** Mrs M Rowley 5 10-9	**C Deutsch**	**98**
10	31	**PIGEON FORGE (248) (F)** E Lavelle 5 10-9	**H Cobden**	**–**
11	0	**SIMPLY A DANCER (40)** Mrs E Bishop 5 10-9	**Lilly Pinchin**	**92**

TONGUE STRAP: No. 1 HOOD: Nos. 7, 11.

SP FORECAST: 5-2 Loch Ness Pineau, 3 Pigeon Forge, 5 Cool Customer, 6 Britway Belle, 8 That'll Be Oxo, 10 Roi Du Roume, 16 Faith's Song, 20 Mysti Meadow, 25 Others.

RESULTS

CHELMSFORD CITY: Standard

1.42—GOGO YUBARI (Harry Vigors, evens fav) 1; Sir Rodneyredblood (11-4 2nd fav) 2; What What What (5-1) 3. H'cap 6 ran. 2¼l, 1¾l. (A Carroll). Tote: £2.00; pl £1.10, £1.50. exacta: £4.30. trifecta: £9.80. CSF: £3.91. Non-runner: Second Collection.

2.12—WAISTCOAT (R Clutterbuck, 11-2) 1; Ziggy's Queen (16-1) 2; Ziggy's Condor (7-2 jt 2nd fav) 3. H'cap 10 ran. 1½l, 1l. (R Burdon; 10-3 fav Middleton View). Tote: £7.00; pl £2.00, £3.70, £1.60. exacta: £95.90. tricast: £357.07. trifecta: £630.20. CSF: £92.34.

2.42—SERAPHIC (C Hutchinson, 5-1) 1; Enthused (5-2 2nd fav) 2; Three On Thursday (13-8 fav) 3. H'cap 5 ran. 1¾l, ½l. (D Killahena & G McPherson). Tote: £6.00; pl £1.80, £1.90. exacta: £13.70. trifecta: £32.80. CSF: £17.88.

3.12—MARINAKIS (R Kavanagh, 7-2 2nd fav) 1; Prince Hector (6-1) 2; Spaceage Love Song (16-1) 3. 9 ran. nk, nk. (I Williams; 10-11 fav Knight Of Magic). Tote: £4.70; pl £1.50, £1.70, £3.20. exacta: £22.00. trifecta: £179.80. CSF: £25.34.

3.42—NORTH VIEW (G Mangan, 11-2) 1; Diamondonthehill (4-1 fav) 2; Monsieur Kodi (9-1) 3. H'cap 11 ran. ¾l, 1¾l. (S C Williams). Tote: £6.90; pl £2.50, £2.10, £2.60. exacta: £37.20. tricast: £174.66. trifecta: £273.00. CSF: £29.01. Non-runner: Chola Empire.

4.12—CAMPANI (J Haynes, 18-1) 1; Secret Road (3-1 2nd fav) 2; Up The Monk (12-1) 3. H'cap 11 ran. 1¼l, 2¾l. (D M Simcock; 15-8 fav Kondratiev Wave). Tote: £19.70; pl £4.80, £1.50, £2.70. exacta: £84.10. tricast: £719.83. trifecta: £748.00. CSF: £73.99.

4.42—AL WAQIDI (N Currie, 10-3 2nd fav) 1; Brinton (17-2) 2; Rainwater (13-2) 3. H'cap 8 ran. ½l, 1l. (J Osborne; 2-1 fav Galaxy Wonder). Tote: £4.34; pl £1.80, £2.50, £2.10. exacta: £30.70. tricast: £177.04. trifecta: £156.40. CSF: £32.50. Non-runner: Kessaar Power.

Jackpot: Not won, pool of £4,144.23 carried over.

Placepot: £205.60

(Race 1) 1, 2; (2) 7, 6, 4; (3) 3, 1; (4) 4, 5, 9; (5) 5, 1, 9; (6) 8, 7, 9;

Quadpot: £43.00

FONTWELL: Soft

1.00—LEGENDARY LUKE (G Sheehan, 2-1 2nd fav) 1; Manigod (12-1) 2; Contacto (15-2) 3. 12 ran. 1l, 2½l. (J Snowden; 13-8 fav The Cistercian). Tote: £3.00; pl £1.50, £1.70, £1.70. exacta: £25.30. trifecta: £101.50. CSF: £27.38.

1.30—COOLEENYMORE (H Kimber, 10-1) 1; Only Gossip (9-1) 2; Animal (14-1) 3. H'cap 10 ran. 4¾l, 1¼l. (R Walford; 7-2 fav Roe And Co). Tote: £11.80; pl £2.90, £3.00, £2.80. exacta: £108.70. tricast: £1268.55. trifecta: £1823.50. CSF: £96.20.

2.00—LIMERICK LASS (S Twiston-Davies, 2-15 fav) 1; Bunny Bee (50-1) 2; Geordies Betty (100-1) 3. 9 ran. 13l, 1l. (A Honeyball). Tote: £1.14; pl £1.10, £4.90, £8.70. exacta: £22.10. trifecta: £338.00. CSF: £24.89. Non-runner: Queen's Theatre.

2.30—PARK PRINCESS (S Twiston-Davies, 2-5 fav) 1; Onefournine (7-2 2nd fav) 2; Shalfa (125-1) 3. 9 ran. nk, 14l. (A Honeyball). Tote: £1.40; pl £1.10, £1.30, £13.70. exacta: £2.90. trifecta: £94.90. CSF: £2.61. Non-runner: Don't Cheddar Tear.

3.00—MR GRIFFITHS (Jonjo O'Neill Jr, 11-4 fav) 1; Woodythewoodpecker (16-1) 2; Bobalot (9-1) 3. H'cap 11 ran. 3l, 7l. (J & A O'Neill). Tote: £3.75; pl £1.50, £2.90, £2.60. exacta: £53.20. tricast: £368.33. trifecta: £152.40. CSF: £48.67. Non-runner: Smith.

3.30—ALRIGHT DAI (C O'Farrell, 7-4 fav) 1; Hatos (11-2) 2; Everyonesacritic (6-1) 3. H'cap 6 ran. 6½l, 3l. (N Mulholland). Tote: £3.10; pl £2.00, £2.20. exacta: £15.10. trifecta: £53.00. CSF: £12.04. Non-runner: Sanitiser.

4.00—BRADMAN (J Best, 14-1) 1; Lexie's Moon (16-1) 2; Motazzen (14-1) 3. H'cap 14 ran. 2l, 1l. (K Bishop; 4-1 fav Activist). Tote: £15.00; pl £5.00, £6.30, £5.50. exacta: £385.30. tricast: £3219.95. trifecta: £2799.80. CSF: £233.37. Non-runner: Northanger Abbey.

Placepot: £230.20

(Race 1) 1, 7, 3; (2) 5, 9, 4; (3) 7, 3, 6; (4) 1, 7, 8; (5) 4, 1, 2; (6) 1, 7;

Quadpot: £5.70

PUNCHESTOWN: Soft

12.20—BANTER AT THE BAR (Gavin Brouder, 12-1) 1; John The Diva (16-5 2nd fav) 2; Mighty Jeremy (9-1) 3. 12 ran. 5l, 30l. (M F Morris; 5-2 fav Brucejack). Tote: €13.00; pl €3.50, €1.60, €2.40. exacta: €68.50. trifecta: €613.00. CSF: €52.93.

12.50—KAPPA JY PYKE (D Mullins, 5-1 2nd fav) 1; Jacob's Ladder (7-1) 2; Predators Gold (4-6 fav) 3. 5 ran. 3½l, ¾l. (W P Mullins). Tote: €6.50; pl €2.30, €2.20. exacta: €26.80. trifecta: €76.30. CSF: €34.32.

1.20—DIAMOND DOLLAR (Kevin A Murphy, 5-1) 1; Just For Yuse (50-1) 2; Mastermind (33-1) 3. H'cap 11 ran. 22l, 2½l. (C Byrnes; 2-1 fav Hakensack). Tote: €6.00; pl €1.70, €7.90, €10.10. exacta: €196.10. tricast: €7328.47. trifecta: Not won. CSF: €196.79.

1.50—SHOWURAPPRECIATION (Mr D O'Connor, 5-1 2nd fav) 1; Ney (11-1) 2; Bigbraveboy (7-1) 3. H'cap 13 ran. 5½l, 3½l. (Jonathan Sweeney; 9-4 fav Gringo D'aubrelle). Tote: €6.00; pl €2.40, €3.30, €2.60. exacta: €67.10. tricast: €399.48. trifecta: €604.30. CSF: €60.72. Non-runner: Union Park.

2.20—SOBER (P Townend, 9-4 2nd fav) 1; Road Exile (8-11 fav) 2; Free Spirit (9-2) 3. 3 ran. 5½l, ½l. (W P Mullins). Tote: €3.25; exacta: €4.50. trifecta: €3.00. CSF: €4.37. Non-runner: Frankie John.

2.50—I STARTED A JOKE (P Byrnes, 8-11 fav) 1; Springhill Warrior (5-2 2nd fav) 2; Golden Wings (80-1) 3; Laxxio (100-1) 4. 20 ran. 8½l, 4¼l, 12l. (C Byrnes). Tote: €1.73; pl €1.10, €1.10, €19.70. exacta: €3.00. trifecta: €87.20. CSF: €3.20. Non-runners: Albus, Gerrymandering, Lyreen Og, Press The Button, Tyson Fury.

3.20—POWERFUL (S D Torrens, 13-2) 1; San Hilario (16-5 fav) 2; Moon Mission (22-1) 3. H'cap 15 ran. 2l, 1½l. (J Harrington). Tote: €7.60; pl €2.00, €1.80, €7.30. exacta: €32.40. tricast: €469.29. trifecta: €939.00. CSF: €29.08. Non-runner: Littlefoot.

Placepot: €701.00

(Race 1) 3, 6, 7; (2) 2, 1; (3) 4, 7, 11; (4) 7, 3, 14; (5) 4; (6) 4, 15, 18;

VITAL STATISTICS

IN-FORM TRAINERS (last 10 days) D Killahena & G McPherson 80% (2 wins and 2 places from 5 runners), M Bell 67% (1/3/6), James Owen 62% (7/13/32), C Boultbee-Brooks 60% (1/2/5), E Lavelle 60% (2/1/5), D M Simcock 55% (3/3/11), A Balding 50% (4/3/14), E Bethell 50% (1/3/8), M Bowen 50% (1/1/4), M Keighley 50% (1/1/4), S Dow 50% (1/1/4).

IN-FORM JOCKEYS Freddie Keighley 67% (1 wins and 3 places from 6 runners), Pat Cosgrave 67% (3/5/12), Neil Callan 62% (4/4/13), Taryn Langley 62% (3/2/8), Edward Greatrex 56% (4/6/18), James Bowen 56% (3/6/16), Billy Loughnane 53% (4/4/15), Ciaran Gethings 50% (1/2/6), Freddie Gordon 50% (1/2/6), Harry Davies 50% (3/5/16), Myla Coppins 50% (2/1/6).

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12.40 JOIN THE MIDNITE MOVEMENT HANDICAP
£4,972 (Class 4) 5f 6yds (7 declared)

1 (5) 206676- MICHAELA'S BOY (28) (C&D) R Cowell 6 9-9 ... L Morris 82
2 (7) 1366L8- MASTER OF MY FATE (15) (C&D) (T) J & S Quinn 5 9-9 J Hart 83
3 (3) 978234- ALMATY STAR (12) (C&D,S) R Cowell 6 9-7 ... J Mitchell 87
4 (6) L5L515- ● DIOMED SPIRIT (32) (C&D) S C Williams 6 9-7 M Ghiani 87
5 (1) 35/19-L CORONADO KING (11) A Watson 5 9-4 ... H Doyle ★89
6 (2) 414213- TOOLATETONEGOTIATE (15) (C&D) Daisy Hitchins 4 9-1 Millie Wonnacott(5) 88
7 (4) 61957-7 BINT HAVANA GOLD (9) R Hughes 5 8-9 ... N Currie 87

CHEEK PIECES: Nos. 3, 6 HOOD: No. 5.

SP FORECAST: 9-4 Almaty Star, 4 Diomed Spirit, Toolatetonegotiate, 5 Michaela's Boy, 8 Master Of My Fate, 10 Bint Havana Gold, 14 Coronado King.

1.10 MIDNITE BETTING HANDICAP
£3,716 (5) 1m 7f 169yds (4)

1 (1) L0L31-1 ● NUNC EST BIBENDUM (9) (C&D) G & J Moore 5 10-2 L Edmunds ★73
2 (2) 111247- YOUNG ENDLESS (13) (D) K Frost 7 9-13 .. A Voikhansky 71
3 (3) 243228- PRINCE QUATTRO (14) James Owen 7 9-12 . P Cosgrave 72
4 (4) 5577/4- A TICKATICKATIMING (J308) Miss S West 8 9-0. C Bishop 69

CHEEK PIECES: No. 3.

SP FORECAST: 4-9 Nunc Est Bibendum, 4 Prince Quattro, 8 A Tickatickatiming, 12 Young Endless.

2025: No corresponding race.

1.40 BEST ODDS AT BETMGM NOVICE STAKES
£5,400 (4) 6f 1yds (7)

1 (3) 6/L- CHARGING BULL (25) (F) A Balding 4 10-2 . C Hutchinson 12
2 (6) L22298- TENBOB TOMMY (21) Miss S West 5 10-2 ... C Bishop ★71
3 (1) 4522L4- ● ALASRAE (12) (F) G Boughey 3 9-0 ... P Cosgrave 69
4 (2) COMPRADOR E Walker 3 9-0 ... Jack Doughty –
5 (7) 49- PEDROS DREAM (17) A Carroll 3 9-0 ... W Carson 40
6 (5) 6 TACTICAL BLITZ (10) A Watson 3 9-0 ... H Doyle 49
7 (4) 95- NO DRAMA MAMA (12) Ollie Sangster 3 8-9 ... N Currie 52

BLINKERS: No. 3 TONGUE STRAP: No. 3 HOOD: No. 7.

SP FORECAST: 2 Alasrae, 11-4 Tenbob Tommy, 9-2 Charging Bull, 5 Comprador, 7 Tactical Blitz, 25 No Drama Mama, 33 Pedros Dream.

THE SCOUT

12.40 Diomed Spirit
1.10 Nunc Est Bibendum
1.40 Alasrae
2.10 Midnight Call
2.40 Jackson Street
3.10 Taskheer
3.40 Way To Dubai

2.10 MIDNITE CLASSIFIED STAKES
£3,140 (6) 6f 1yds (8)

1 (7) 4027-12 CALL GLORY (2) (D) I Williams 5 10-0 ... R Kavanagh(5) 57
2 (6) 55L99-2 AUTUMN ANGEL (6) (D) A Carroll 7 9-9 .. Jack Doughty 56
3 (5) 96560-3 BEAUZON (6) (C&D) I Williams 7 9-9 ... C Bishop ★60
4 (1) 1L490-6 LYNWOOD LAD (4) (D) G & J Moore 6 9-9 ... T P Queally 58
5 (4) 53331-1 ● MIDNIGHT CALL (10) (D) A Carroll 5 9-9 . M Slater(7) 59
6 (3) 2430LL- MISS MOONSHINE (26) (C&D) B Millman 6 9-9 O Searle(5) 57
7 (8) 6540L-7 SARABI (10) (C&D) Michael Keady 4 9-9 ... H Doyle 55
8 (2) LL9L2-L WORLD OF DARCY (4) (D) J Ryan 5 9-9 ... D Keenan 56

BLINKERS: Nos. 2, 8 VISOR: Nos. 4, 7 CHEEK PIECES: Nos. 1, 3.

SP FORECAST: 5-2 Midnight Call, 3 Beauzon, 7-2 Call Glory, 4 Autumn Angel, 10 Lynwood Lad, 16 World Of Darcy, 25 Sarabi, 33 Miss Moonshine.

2.40 BETMGM HANDICAP
£3,140 (6) 7f 1yds (8)

1 (2) 567351- ● JACKSON STREET (21) (C&D) M Attwater 5 9-9 P Bradley 63
2 (7) 18742-6 ROMAN EMPEROR (4) (F) J Ryan 5 9-9 .. D J Murphy(7) 63
3 (8) 78L095- MIGHTY RULER (26) M Attwater 4 9-9 ... Kaiya Fraser 62
4 (6) 695025- MOUNT MOGAN (35) (C&D) Mrs L Mongan 9 9-8 L Morris ★65
5 (3) 72L1L2- CHLOE'S COURAGE (21) (D) J Ryan 4 9-7 ... D Keenan 64
6 (4) 443006- SUPERNOVA STEPS (16) D Loughnane 5 9-0 ... H Doyle 63
7 (1) 525659- CAPALLCLISTE (88) S Hodgson 6 9-0. Taryn Langley(5) 61
8 (5) /60L58- MISHY'S STAR (35) Kieran Burke 4 9-0 .. Josephine Gordon 56

BLINKERS: No. 2 VISOR: No. 5 CHEEK PIECES: Nos. 3, 4, 8 EYE COVERS: No. 6 HOOD: No. 7.

SP FORECAST: 11-4 Jackson Street, 3 Chloe's Courage, 9-2 Roman Emperor, 5 Mount Mogan, 8 Mighty Ruler, Supernova Steps, 20 Capallcliste, 33 Mishy's Star.

LINGFIELD SKYSPORTSRACING

3.10 BETMGM CLASSIFIED STAKES
£3,140 (6) 1m 1yds (12)

1 (10) 346609- ARLECCHINO'S REX (21) M Usher 4 9-9 ... Doubtful
2 (3) 9/05282- CELTIC JOHN (41) P Phelan 5 9-9 ... P Bradley 59
3 (1) 8L6770- DUKE ORSINO (21) J R Jenkins 4 9-9 ... L Edmunds 55
4 (11) 779000- HUNTLY LODGE (68) A Perrett 5 9-9 ... H Doyle 51
5 (5) 236334- MONKS MEAD (26) (D,F) M Usher 5 9-9 ... G Bass 57
6 (12) 535577- MR TRICK (153) I Williams 8 9-9 ... R Kavanagh(5) 48
7 (7) 0684L9- PRINCESS PW (37) (F) G Kelleway 4 9-9 ... L Morris ★62
8 (6) 541270- RAINBOW SIGN (35) (C,D) M Pattinson 8 9-9 P Cosgrave 59
9 (8) 723281- ROYAL JET (26) (C&D) A Carroll 6 9-9 ... M Ghiani 58
10 (2) 773832- ● TASKHEER (69) (C&D) D Steele 8 9-9 ... J Mitchell 58
11 (9) 36L699- UNKNOWN JOURNEY (28) A Carroll 4 9-9 ... W Carson 52
12 (4) 22506-7 VALADERO (2) Brian Toomey 5 9-9 ... S D Bowen 61

BLINKERS: No. 7 TONGUE STRAP: Nos. 8, 10 CHEEK PIECES: No. 6 HOOD: No. 9.

SP FORECAST: 11-4 Royal Jet, 4 Celtic John, 5 Taskheer, 6 Monks Mead, 7 Valadero, 14 Huntly Lodge, 16 Rainbow Sign, Princess Pw, Mr Trick, 20 Others.

3.40 BETMGM'S GOLDEN GOALS HANDICAP
£3,716 (5) 1m 1yds (8)

1 (7) 21841L- RENESMEE (25) (D) Michael Keady 6 9-9 ... D Keenan 80
2 (5) 45311-6 FORESEEN (5) (D) A Carroll 5 9-8 ... M Ghiani 81
3 (3) 4/102L7- KINGKEER (94) S Dow 5 9-8 ... P Bradley 83
4 (4) 287145- H KEY LAILS (21) (C&D) M Attwater 6 9-3 R Kavanagh(5) 82
5 (1) 3/0586-1 REPERTOIRE (9) (C&D,F) D M Simcock 10 9-1 Taryn Langley(5) 84
6 (2) 23533-2 ● WAY TO DUBAI (9) (D) M Appleby 7 9-1 ... H Davies ★85
7 (8) 911LL7- COMEDIAN LEADER (12) (D) J & S Best 6 8-12 ... W Cox 83
8 (6) 1112-15 DANDY KHAN (2) (C&D) J Boyle 4 8-11 ... D J Murphy(7) 83

CHEEK PIECES: Nos. 1, 4, 6.

SP FORECAST: 2 Way To Dubai, 9-2 Repertoire, H Key Lails, 5 Foreseen, 6 Dandy Khan, 14 Kingkeer, 16 Renesmee, 25 Comedian Leader.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2021-26):** Luke Morris 10% Strike rate. **TOP TRACK TRAINER (2021-26):** G & J Moore 15% Strike rate. **FIRST TIME:** 2.10 Sarabi (visor), 2.40 Chloe's Courage (visor), Supernova Steps (eye shields). **BEATEN FAVOURITES:** 1.10 Prince Quattro(hcp). 1.40 Tenbob Tommy(hcp). 2.10 Beauzon, Call Glory. 3.40 Dandy Khan(hcp). **DRAW:** Little effect. **LONGEST TRAVELLER: Master Of My Fate** (12.40) 247 miles. **STABLE SWITCH:** 3.40 **Kingkeer** from H Morrison to S Dow.

5.00 MIDNITE BETTING APPRENTICE HANDICAP
£3,140 (Cl 6)1m 5f 219yds (10 declared)

1 (10) 123926- GRAND DUCHESS OLGA (16) (C&D) J & S Birkett 6 9-12 C R Lyons(5) 65
2 (8) 5/5LL8L- LEGACY POWER (108) M Mullineaux 6 9-10 ... P Scott(5) 63
3 (3) 4212-24 FASCINATING SHADOW (6) (F) James Owen 8 9-10 C J Whiteley(5) 68
4 (6) 435/40L- V POWER (167) T Faulkner 6 9-9 ... Zoe Lewis(5) ★71
5 (2) L96- URBAN WARRIOR (70) S C Williams 4 9-8 Harry Vigors(5) 60
6 (7) 64836-1 ● MOON OVER THE SEA (8) (C&D) A Carroll 7 9-8(4ex) T Cameron(3) 65
7 (9) 4PL7L0- ALEX THE GREAT (28) (D) A Carroll 6 9-7 Myla Coppins(5) 51
8 (1) 313332- ZOOKS (16) (D) I Williams 6 9-6 ... J Nicholls 67
9 (5) 9/4536- BLUE SIAM (24) H Palmer 4 9-1 ... Liam Wright 61
10 (4) 3L4439- HAVACHOC (37) P Morris 4 8-11 ... T Kiely-Marshall 60

VISOR: No. 3 TONGUE STRAP: No. 7 CHEEK PIECES: Nos. 1, 8, 9 EYE COVERS: No. 2 HOOD: No. 5.

SP FORECAST: 9-4 Zooks, 11-4 Fascinating Shadow, 7-2 Moon Over The Sea, 10 Grand Duchess Olga, 12 Legacy Power, Urban Warrior, 16 Blue Siam, 25 Havachoc, V Power, 33 Alex The Great.

2025: Two Plus Two 5-8-12, Taryn Langley(5) 16-1 (E De Giles), drawn (8), 7 ran.

5.30 BET 10 GET 40 WITH BETMGM HCAP 3YO
£3,140 (6) 6f 20yds (10)

1 (7) 87123-1 ● GREY HORIZON (11) (D) S Dixon 9-9 ... K O'Neill ★70
2 (3) 066252- ESPONA BAY (82) M Bell 9-9 ... S Osborne 69
3 (8) L68- BLACK ROCK BEAUTY (30) R Fahey 9-6. W Fentiman(5) 64
4 (9) 844L51- GOLDEN HAVANA (27) (F) M Dods 9-6 ... S B Kirrane 68
5 (4) 659243- BLINDFOLD GAMES (13) G Boughey 9-6 ... B Loughnane 67
6 (2) 377-4 TAFAH (11) A Carroll 9-2 ... G Wood 68
7 (1) 6460- FAITHFUL DREAM (82) M Appleby 9-2 ... A Rawlinson 64
8 (10) 06L- LIFE AFTER LOVE (16) Ollie Sangster 9-1 .. Jason Watson 64
9 (5) 015282- FAR TOO FIZZY (13) (D) D Loughnane 9-1 ... R Scott 68
10 (6) 8987- LINA CODINA (171) N Tinkler 8-13 ... F McManoman 66

BLINKERS: No. 4 VISOR: No. 1 TONGUE STRAP: No. 5.

SP FORECAST: 11-4 Grey Horizon, 9-2 Espona Bay, 5 Far Too Fizzy, Golden Havana, 6 Blindfold Games, 12 Black Rock Beauty, 14 Life After Love, 16 Tafah, 20 Others.

2025: Top Biller 8-7, Nicola Currie 18-1 (J Osborne), drawn (11), 11 ran.

6.00 BEST ODDS AT BETMGM NOVICE STAKES
£5,400 (4) 7f 36yds (8)

1 (7) 31- ALL MOONSHINE (15) (D,F) A Balding 4 9-7 Jason Watson 83
2 (4) 742/27- COUNTING CARDS (23) E Bethell 4 9-5 ... C Rodriguez ★87
3 (3) 6/ HAMMAL (399) M Young 5 9-5 ... K O'Neill –
4 (5) 9/3- ● OCEANS FIVE (32) B Meehan 4 9-5 ... B Loughnane 80
5 (1) 7- SPLINTERWOOD (15) M Appleby 4 9-5 ... A Rawlinson 59
6 (6) 2502/3- THEQUIETMAN (15) D O'Meara 5 9-5 ... M Winn 82
7 (2) 32233- THEY ALL KNOW ME (23) R Fahey 4 9-5. W Fentiman(5) 82
8 (8) L- MISS HELENA (21) M Mullineaux 4 9-0 ... F McManoman –

TONGUE STRAP: No. 2 HOOD: No. 6.

SP FORECAST: 5-2 All Moonshine, 11-4 Counting Cards, 4 Oceans Five, 5 Thequietman, They All Know Me, 25 Hammal, Splinterwood, 250 Miss Helena.

2025: No corresponding race.

THE SCOUT

5.00 Moon Over The Sea
5.30 Grey Horizon
6.00 OCEANS FIVE
6.30 Bella Bisbee
7.00 Crown The Future
7.30 Scenario
8.00 Eagles Whistle

6.30 BETMGM'S GOLDEN GOALS HANDICAP
£3,716 (5) 7f 36yds (10)

1 (2) 4120L2- BEAR ROCK (23) M Mullineaux 5 9-9 ... F McManoman 78
2 (4) L70124- ● BELLA BISBEE (17) (C&D) S Dixon 5 9-8 ... K O'Neill 78
3 (6) 828504- MART (12) (C,F) D Cunha 5 9-7 ... N Callan 78
4 (8) 43274-L ARNAZ (10) (D) M Loughnane 5 9-7 ... B Loughnane ★81
5 (10) 5L7291- THE CARIBBEAN (30) (C&D) H Main 5 9-7 ... S Osborne 76
6 (7) 222413- FLOWSTATE (16) (D) D O'Meara 5 9-7 ... M Winn 79
7 (3) 65361-0 NACHO NACHO NACHO (8) (C&D) Jack Morland 4 9-5 C Shepherd 78
8 (1) 115L7-6 ADELAIDE BAY (10) (C&D) T Faulkner 4 9-2 S Donohoe 78
9 (5) 3L741L- HARBOUR VISION (16) (C&D) S Dixon 11 9-1 Mikkel Mortensen(5) 77
10 (9) 11586-5 RIVER WHARFE (10) (C&D) A Carroll 8 8-10 Myla Coppins(7) 77

BLINKERS: Nos. 5, 9 VISOR: Nos. 6, 7 TONGUE STRAP: No. 4 CHEEK PIECES: Nos. 4, 10.

SP FORECAST: 5-2 The Caribbean, 4 Flowstate, 9-2 Bella Bisbee, Bear Rock, 8 Mart, 12 Nacho Nacho Nacho, 14 Arnaz, 20 Harbour Vision, River Wharfe, 50 Adelaide Bay.

2025: River Wharfe 7-8-10, Molly Gunn(7) 12-1 (A Carroll), drawn (11), 9 ran.

7.00 BETMGM.CO.UK HANDICAP 3YO
£3,140 (6) 7f 36yds (8)

1 (5) 055- BECAUSE WE CAN (40) (F) C Cox 9-9 ... Georgia Dobie 68
2 (3) L954- SLACK BOB (28) E Dunlop 9-9 ... R Havlin 67
3 (4) 7087- PRANCY PEER (24) Ollie Sangster 9-8 ... Jason Watson 67
4 (1) L49236- SAILOR BATT (87) D & N Barron 9-7 ... C Rodriguez 70
5 (8) L77512- PIMENTEL (98) (D) M Tregoning 9-3 ... R Hornby 66
6 (7) 85615- ● CROWN THE FUTURE (41) (C&D,F) Jack Morland 9-2 N Callan 66
7 (6) 9768- SPIRIT OF MARA (13) R Fahey 9-1 ... W Fentiman(5) ★72
8 (2) 678561- SURGEON COMMANDER (23) (D,F) Craig Lidster 9-1 B Loughnane 67

BLINKERS: No. 8 VISOR: No. 1 CHEEK PIECES: Nos. 5, 7 HOOD: No. 4.

SP FORECAST: 11-4 Surgeon Commander, 5 Slack Bob, Because We Can, 11-2 Crown The Future, 6 Pimentel, 8 Sailor Batt, 10 Prancy Peer, 14 Spirit Of Mara.

2025: No corresponding race.

TRACK FACTS: GOING: Standard. Left Handed. **TOP TRACK JOCKEY (2021-26):** Billy Loughnane 19% Strike rate. **TOP TRACK TRAINER (2021-26):** A Carroll 9% Strike rate. **FIRST TIME:** 5.00 Legacy Power (eye shields), Urban Warrior (hood), 5.30 Faithful Dream (wind surgery), 6.30 Arnaz (cheek pieces, tongue strap), 7.00 Spirit Of Mara (cheek pieces), Because We Can (visor), 7.30 Faster Bee (tongue strap), 8.00 Wrist Art (visor). **BEATEN FAVOURITES:** 5.30 Espona Bay. 6.00 Counting Cards(hcp). 6.30 Bella Bisbee(hcp), Flowstate(hcp). 7.00 Crown The Future. **DRAW:** Little effect. **LONGEST TRAVELLER: Eagles Whistle** (8.00) 213 miles. **STABLE SWITCH:** 6.00 **Hammal** from S C Williams to M Young.

WOLVERHAMPTON SSR

7.30 BETMGM HANDICAP
£4,711 (6) 1m 142yds (12)

1 (7) 6/LL99- PACIFIC PRINCE (16) J Bennett 5 9-9. Laura Coughlan(3) 59
2 (5) 33133-3 R P MCMURPHY (6) (C&D) M Appleby 4 9-8 E Greatrex ★68
3 (9) 689533- HOW'S THE GUVNOR (51) J Candlish 5 9-7 ... G Wood 65
4 (4) 62362-1 ● SCENARIO (10) (C&D) A Carroll 4 9-7 ... N Callan 65
5 (6) 47533-7 VOLENDAM (9) A Carroll 4 9-6 ... R Scott 64
6 (3) 48776-9 HOMER STOKES (9) D & N Barron 8 9-6 ... C Rodriguez 62
7 (8) 326475- STROBELIGHT (14) (F) G Boughey 4 9-5 ... B Loughnane 64
8 (11) LL4395- LHEBAYEB (16) (C&D) R J Price 8 9-5 ... C Shepherd 66
9 (1) L89- PAPS OF JURA (204) S Thomas 5 9-4 ... R Hornby 57
10 (10) 76L480- FASTER BEE (28) F O'Brien 5 9-2 ... G Mangan 63
11 (2) 567827- DASH POWER (24) (C&D) L Mullaney 5 9-0 S B Kirrane 64
12 (12) 346609- ARLECCHINO'S REX (21) (C,F) M Usher 4 8-13 Jason Watson 61

BLINKERS: 7, 11 TONGUE STRAP: 7, 10 CHEEK PIECES: 2 HOOD: 3.

SP FORECAST: 11-4 Scenario, 3 R P Mcmurphy, 5 How's The Guvnor, 13-2 Strobelight, 10 Volendam, 12 Lhebayeb, 14 Homer Stokes, 16 Others.

2025: Kitaro Kich 5-9-8, Neil Callan 17-2 (G Baker), drawn (10), 9 ran.

8.00 MIDNITE CLASSIFIED STAKES
£3,140 (6) 1m 1f 104yds (11)

1 (10) 3966-11 ● EAGLES WHISTLE (2) (T) (S) D Bourke 6 10-5 . S Gray 53
2 (6) 627554- BONDI MAN (17) Sarah Hollinshead 7 9-9 ... T Heard 51
3 (11) R3678-4 DESIDERATA (6) (C&D) T Faulkner 6 9-9 ... R Havlin 54
4 (4) 5/41225- GEMINI MAN (J21) (D) (T) I Jardine 8 9-9 ... Doubtful
5 (5) 900908- NEWFIRE (39) K Frost 5 9-9 ... Donovan Goucher(7) 50
6 (3) 1113/L4- PYRRHIC DANCER (48) (C&D) G Brown 7 9-9 Taylor Fisher(3) ★57
7 (7) 3/LLLOL- RACING COUNTRY (130) (C&D) D Wingrove 11 9-9 R Hornby 35
8 (2) 31657-7 THE PUG (6) M Hammond 6 9-9 ... A Brookes(3) 53
9 (9) 39973-0 TRUSTY SCOUT (8) (C,D) D Shaw 8 9-9 B Ffrench-Davis(5) 51
10 (1) L0006-7 WRIST ART (8) (D) James Owen 9 9-9 ... G Wood 55
11 (8) 49345-2 THAT LUCAS FELLA (2) (T) I Jardine 4 9-8 ... Doubtful

BLINKERS: Nos. 8, 11 VISOR: No. 10 TONGUE STRAP: No. 6 CHEEK PIECES: Nos. 2, 4.

SP FORECAST: 6-4 Eagles Whistle, 11-2 Wrist Art, 6 Bondi Man, Pyrrhic Dancer, 15-2 Desiderata, 10 Trusty Scout, 12 The Pug, 20 Newfire, 66 Others.

2025: No corresponding race.

GOSSIP FROM THE GALLOPS

Lambourn: LOADED AND LOCKED
(1.30 Hereford)
West: VAL ROYALE
(2.00 Hereford)
Scotland: EAGLES WHISTLE
(8.00 Wolverhampton)
Newmarket: ALMATY STAR
(12.40 Lingfield)

BEST OF PUNCHESTOWN RTV

12.48 MAIDEN HURDLE 4YO
€7,200 2m 35yds (16 declared)

1 5 BERTO RAMIREZ (30) A McNamara 11-7 ... B Hayes
2 5 ● DEEP WATER BAY (16) G Elliott 11-7 ... J W Kennedy
3 9 DIRECT APPROACH (12) G Elliott 11-7 ... J C Gainford
4 GRANLAHAN A McGuinness 11-7 ... P M O'Brien(5)
5 B KILMEADEN (17) Donnacha O'Brien 11-7 ... J J Slevin
6 59 KIZLYAR (16) J P O'Brien 11-7 ... P T Enright
7 3 MADNESS D'ELLE (249) W P Mullins 11-7 ... P Townend
8 U14 MINO DES MOTTES (12) W P Mullins 11-7 ... D Mullins
9 NILE STAR R O'Sullivan 11-7 ... D Meyler
10 80 RAY GUN (9) J P Flavin 11-7 ... A Harvey
11 5 ROYAL BELIEF (17) C Collins 11-7 ... B Harvey
12 0 STARWORD (14) Francis Casey 11-7 ... A Balfe(7)
13 0 STONE RULYA (12) E Doyle 11-7 ... P J Cody(7)
14 U WOLFPACK (16) G Elliott 11-7 ... D Gilligan
15 0 CONCERT PARTY (16) D Hogan 11-0 ... D King
16 37 SIMPLE THINGS (30) J P Dempsey 11-0 ... M P Walsh

TONGUE STRAP: No. 6 HOOD: No. 16.

SP FORECAST: 5-2 Mino Des Mottes, 3 Kilmeaden, 4 Madness D'elle, 7 Deep Water Bay, 10 Wolfpack, Kizlyar, Berto Ramirez, 12 Simple Things, 25 Others.

1.18 HANDICAP HURDLE
€7,200 2m 35yds (13)

1 031-1LL BLACK SOUL (11) Conor Houlihan 7 12-4 ... Mr B T Stone
2 F/088-L2 ● ZUZUKEL (60) A J Martin 6 12-1 ... Mr J Costello(4)
3 F1144/9 TREBIZOND (16) (D) M K Flannery 9 11-13 ... Mr R Sugrue(2)
4 L37-0 MO GHILLE MAR (48) J J Hanlon 5 11-12 ... Ms K M Ryan(4)
5 171-F4L BE FIERCE (144) (D) T M Walsh 9 11-10 ... Mr L P Shanahan(2)
6 L/L0U-PL HEREDITARY RULE (90) J McConnell 11 11-10. Mr Mr F R Buckley
7 F40L8L METAMORPHEUS (16) (C&D) A McNamara 7 11-10 ... Mr C A Bowman(4)
8 982-576 WALK ON ANNILOG (17) R Dunne 7 11-8 ... Mr D Doyle
9 7-3P30P ECO PETE (11) P J Rothwell 9 11-7 ... Miss Phidelma Elvin
10 26U349 COULDNTMAKEITUP (30) J Nash 6 11-6 ... Mr Alan O'Sullivan
11 448-574 JUMBLE LIGHT (29) M McNiff 7 11-3 ... Mr J Dunne
12 846 WHERE ARE YOU NOW (36) E Bolger 5 11-2 ... Mr J M Halford
13 906897 KILT (30) P J Rothwell 5 10-12 ... Mr B J Walsh

TONGUE STRAP: 2, 3, 4, 5, 6, 10 CHEEK PIECES: 9 HOOD: 2, 8, 13.
SOFT/HEAVY WINNERS: Nos. 5, 7.

SP FORECAST: 11-8 Zuzukel, 5 Jumble Light, 6 Where Are You Now, 13-2 Be Fierce, 10 Walk On Annilog, 16 Couldntmakeitup, Mo Ghille Mar, 25 Trebizond, 50 Others.

1.48 MARES MAIDEN HURDLE
€7,200 2m 3f 73yds (12)

1 1111-12 BAMBINO FEVER (28) W P Mullins 6 11-7 ... P Townend
2 17-4 CARRIGMOORNA BEECH (92) D Queally 5 11-7 ... K P Healy(7)
3 3L-74 DOING IT IN STYLE (16) G Cromwell 6 11-7 ... K M Donoghue
4 4/L121-6 FORCEONMYOWN (16) G Elliott 7 11-7 ... J W Kennedy
5 071-48 ILL RAISE A GLASS (28) M P Fitzgerald 6 11-7 ... D J O'Keeffe
6 6496-FL KALEO AMETSA (14) J H Halley 6 11-7 ... P T Enright
7 080 LIZZYMAC (28) M Magnussen 5 11-7 ... P K Donovan(3)
8 0LL0P NOTHING DA NOW (15) M Magnussen 6 11-7 ... J Shinnick(3)
9 1- ● POETISA (270) W P Mullins 5 11-7 ... D Mullins
10 2315 SUSIE LENGLEN (28) N Meade 5 11-7 ... D Meyler
11 43-00 THECOUNCILLORSWIFE (32) D Deacon 7 11-7 ... Ben Kennedy(7)
12 0 WINGS OF AFRICA (46) W J Lanigan 5 11-7 ... C M Quirke

TONGUE STRAP: Nos. 6, 8 CHEEK PIECES: No. 8.
SOFT/HEAVY WINNERS: Nos. 1, 4, 10.

SP FORECAST: 1-5 Bambino Fever, 4 Poetisa, 8 Forceonmyown, 20 Carrigmoorna Beech, Susie Lenglen, 66 Doing It In Style, Ill Raise A Glass, 100 Thecouncillorswife, Nothing Da Now, Lizzymac, Wings Of Africa, Kaleo Ametsa.

2.18 NOVICE HANDICAP HURDLE
€6,899 2m 3f 73yds (17)

1 2-4L100 PAUL COLLINS (50) B McMahon 6 11-12 ... J J Slevin
2 48-847 MOJOE (23) P T Foley 6 11-9 ... S D Torrens
3 040F7P THE GUINNESS BOYS (11) G Cromwell 7 11-8 ... K M Donoghue
4 660-54L MISS MINI BEE (17) P T Foley 7 11-6 ... A Harvey
5 5/D898-7 PARADISE LOST (16) C O'Brien 7 11-6 ... Gavin Brouder
6 4-645 SARANDON (50) Colm Murphy 6 11-4 ... Ross Berry(7)
7 00009 DANNY THE CHAMP (11) J McConnell 5 11-1 ... B Hayes
8 16LPP5 HEY BABBS (23) D A McLoughlin 6 10-12 ... P M O'Brien(5)
9 42465P KASPER HAUSER (17) Kevin Coleman 4 10-11 ... P T Enright
10 86033P KAZBEK (29) Peter Fahey 6 10-10 ... D Mullins
11 L0-L73 KINTURK NELSON (30) T Gibney 7 10-8 ... James Smith(5)
12 P3L000 PATSY'S PRIDE (11) C O'Connell 7 10-8 ... J C Gainford
13 7090-82 ● SEAN MC (30) P Nolan 6 10-7 ... E Staples(5)
14 L0L DAHOMA (36) D Queally 4 10-5 ... K P Healy(7)
15 608 LOI DES JEUX (36) D Hassett 5 10-2 ... S O'Keeffe
16 LL00-P VALLON DU PLESSIS (51) Tom Dreaper 6 10-1 ... C Stone-Walsh
17 9L06 SUNRISE STRIDER (16) M J McDonagh 5 10-0 ... C M Quirke

BLINKERS: No. 10 TONGUE STRAP: Nos. 4, 6, 8, 12 CHEEK PIECES: No. 1 HOOD: Nos. 4, 9, 17.
SOFT/HEAVY WINNERS: Nos. 4.

SP FORECAST: 5-2 Sean Mc, 6 Sarandon, Kinturk Nelson, 14 Sunrise Strider, Paradise Lost, Kasper Hauser, Miss Mini Bee, Dahoma, Mojoe, 16 Others.

THE SCOUT

12.48 Deep Water Bay
1.18 Zuzukel
1.48 POETISA (Nap)
2.18 Sean Mc
2.48 Kimi De Mai
3.18 Westernersunrise
3.48 Fancy Fox

2.48 MAIDEN HURDLE
€7,200 2m 3f 73yds (16)

1 9 ALBUS (17) G Elliott 6 11-12 ... S Ewing
2 2F-229 BERGAMASQUO (28) G Cromwell 5 11-12 ... K M Donoghue
3 3-RP5P6 DOUBLE POWER (14) Ian Donoghue 6 11-12 ... James Smith(5)
4 PB-0L GERRYMANDERING (17) W J McLernon 8 11-12 Liam McKenna(5)
5 0 JESSE JAMES HOWARD (11) C O'Connell 7 11-12 ... K Buckley
6 40-3 LORD TOBIN (37) G Elliott 5 11-12 ... J W Kennedy
7 1-8 LYREEN OG (50) A J Martin 6 11-12 ... D King
8 0 MICHAEL'S JET (41) V C Ward 5 11-12 ... Mr R W Barron(5)
9 5L POET'S GALE (79) A J Martin 5 11-12 ... Mr J Costello(7)
10 4P-4L0 POTTERS PAL (17) T Cooper 5 11-12 ... Gavin Brouder
11 P50 ROYAL SOLDIER (11) Mrs G Callaghan 6 11-12 ... D Meyler
12 1/5 SHABBY HILL (32) C Byrnes 7 11-12 ... P Byrnes
13 2-8 STICKTOTHESCRIPT (65) O McKiernan 5 11-12 ... P T Enright
14 3-3549 WISE MAN (17) D Hassett 5 11-12 ... D Mullins
15 1/1130-5 ● KIMI DE MAI (28) W P Mullins 6 11-5 ... P Townend
16 0/21-00 PEPPERS CORNER (32) Edward F Power 7 11-5 ... J Younge(7)

TONGUE STRAP: Nos. 3, 15 CHEEK PIECES: No. 3 HOOD: Nos. 15, 16.
SOFT/HEAVY WINNERS: Nos. 15, 12.

SP FORECAST: 6-4 Kimi De Mai, 4 Bergamasquo, 5 Shabby Hill, Lord Tobin, 11-2 Double Power, 12 Sticktothescript, 25 Lyreen Og, Albus, 50 Others.

TRACK FACTS: GOING: Soft. Right Handed. **TOP TRACK JOCKEY (2021-26):** Paul Townend 45% Strike rate. **TOP TRACK TRAINER (2021-26):** W P Mullins 25% Strike rate. **FIRST TIME:** 1.48 Nothing Da Now (cheek pieces, tongue strap), 2.18 Paul Collins (cheek pieces), Kasper Hauser (hood), 3.18 B Da Powders (tongue strap), 3.48 Speisialta (hood, tongue strap), 12.48 Simple Things (hood). **BEATEN FAVOURITES:** 12.48 Mino Des Mottes. 1.48 Bambino Fever, Carrigmoorna Beech. 2.18 Sean Mc(hcp hdl). 3.18 Money Heist(hcp hdl). 3.48 Fastnet Crystal. **LONGEST TRAVELLER: Potters Pal** (2.48) Ireland; **Trebizond** (1.18) 108 miles. **STABLE SWITCH:** 12.48 **Madness D'elle** from Mme D Mele in France to W P Mullins. 1.48 **Poetisa** from T Bulgin to W P Mullins. 3.48 **How's Hannah** from T Townend in Ireland to W P Mullins.

WORLD OF SPORT

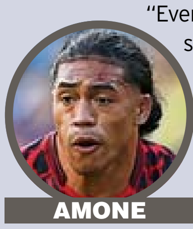
Amone enjoys hard yards with champs

BY **JOSH McALLISTER**

RUGBY LGE

TOM AMONE admits his first pre-season at Hull KR is one of the toughest he has experienced as preparations continue in Tenerife.

The Super League winners are on a nine-day warm-weather camp and Amone, who arrived during the off-season after agreeing a three-year deal, said: "Pre-season has been tough, probably one of the hardest I've done – it's been good. I'm loving being here, and being around a winning environment and people who want to win more



AMONE

"Everyone is on the same page, and everyone knows what they want.

"It's been pretty exciting."

Hull KR host Wakefield Trinity in their only pre-season fixture before kicking off the 2026 Super League campaign away at newcomers York Knights on February 12.

THE BIG PICTURE

JUMP SHOT: Allisha Grey shoots over Jordin Canada in Unrivaled league

BY **SHANE MACDERMOTT**

SNOOKER

SHAUN MURPHY'S Masters defence fell at the first hurdle.

The 43-year-old lost 6-2 to debutant Wu Yize at Alexandra Palace.

Murphy's top break was just 49 and he said: "I've been looking forward to today for a year, walking out as champion. But I enjoyed the first 10 minutes and that was it.

"I felt like everything I touched went wrong. Wu will be a handful for anyone he plays."

10 to tackle

1. Which former Premier League manager was named coach of the Canada national team in 2024?
2. **When was the rugby league club set up by boys of the Cavendish Street Chapel in Hulme, Manchester and later wound up as Salford Red Devils in 2025 founded?**
3. Which Briton became the WBA super featherweight champion last month after Lamont Roach was stripped of the title?
4. **Whom did Andy Murray beat in the men's tennis gold medal match at the 2012 Olympics?**
5. Which cricketer captained India to their 1983 World Cup win, coached the team from 1999-2000 and was later named Wisden Indian Cricketer of the Century?
6. **Which Fijian golfer was leading money winner on the US PGA Tour in 2003 and 2004?**
7. Which French cyclist won the Tour de France three years in a row in the 1950s?
8. **Which famous American general took part in the inaugural Olympic Modern Pentathlon in 1912?**
9. Which American skier won the women's downhill at the 2010 Winter Olympics?
10. **Which American won the Formula 1 World Drivers' Championship in 1961?**

RATINGS
0-3 Oh dear
4-6 Small beer
7-9 So near
10 Sporting Seer

ANSWERS: 1 Jesse Marsch. 2 1873. 3 James 'Jazza' Dickens. 4 Roger Federer. 5 Kapil Dev. 6 Vijay Singh. 7 Louison Bobet. 8 George S Patton. 9 Lindsey Vonn. 10 Phil Hill.

EILISH IS QUICK TO RESTORE RECORD

ATHLETICS

EILISH McCOLGAN regained her European women's 10km record just a week after having it taken from her.

The Scot, 35, clocked 30mins 8secs at the Valencia 10K Ibercaja, seven days after Belgium's Jana Van Lent won in Nice in 30:10, some nine seconds quicker than McColgan's previous best, which was set in Manchester in 2022.

McColgan (right), who was the eighth woman home in a mixed road race after working her way back from knee surgery, said: "I'm really proud of myself. Crossing the finish line I was a bit emotional because it's been a very long three years to get back to this level. It's a really special race to be a part of.

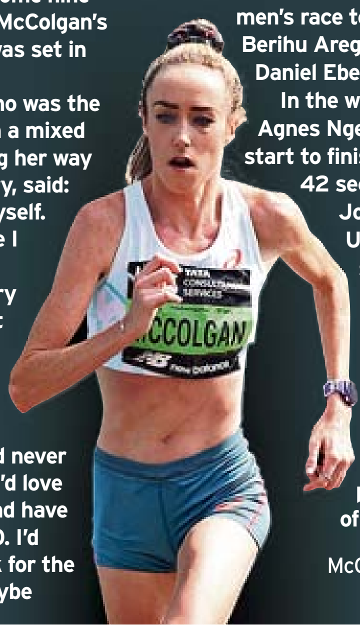
"I don't know how I've got to this age and never done Valencia before. I'd love to try to come back and have a go at running sub-30. I'd also love to come back for the half marathon and maybe even the marathon one day?"

Uganda's Jacob Kiplimo made history in Tallahassee, claiming his third consecutive world cross country title with a devastating final surge in the men's race to beat Ethiopia's Berihu Aregawi, with Kenya's Daniel Ebenyo taking bronze.

In the women's race, Kenya's Agnes Ngetich dominated from start to finish, winning by a huge 42 seconds.

Joy Cheptoyek, of Uganda, took historic silver ahead of Ethiopia's Senayet Getachew.

The championships kicked off with a mixed relay as Australia, anchored by Jessica Hull, powered to gold ahead of France and Ethiopia.



ROAD TO RECOVERY McColgan is on her way back from knee surgery

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SCAN ME

Bears roar back to silence rivals

Green Bay talk gives Chicago motivation to dramatically end drought

LANDING A KNOCKOUT Quarterback Williams laid on cruciallate touchdown

BY **KEITH WEBSTER**

BEN JOHNSON revealed that "noise" coming from Green Bay all week fired up Chicago to a thrilling comeback win and their first play-off victory in 15 years.

The Bears trailed 21-3 at half time on the opening night of the NFL post-season, with Packers fans already checking out flights to Seattle for next weekend.

But in front of a fevered Soldier Field crowd, quarterback Caleb Williams led Chicago to three touchdowns in the final 11 minutes, capping a wild night with the winner to DJ Moore with 1min 43secs to play.

Chicago and Green Bay have the oldest rivalry in the NFL, stretching back 104 years, and head coach Johnson had felt that needle during the countdown to Saturday night's win-or-bust 213th meeting of the two teams.

"There was probably a little bit more noise coming out of their building up north to start the week, which we heard loud and clear, players and coaches alike," Johnson said. "This one meant something to us.

"That's an incredible job by all the players, coaches, support staff. To do what they did, knowing how high the stakes were, knowing that it's win or go home, down 21-3 at half-time, was a huge deal.

"It's really who these guys are. We have a group of guys who don't waver.

"The odds are stacked against us, no one envisaged the first 30 minutes going that way and yet we keep fighting. That's who we are and what we do. I can't be any more proud of this crew than I am now."

The Los Angeles Rams also moved into the second round of the knockouts but not before a colossal struggle against the Carolina Panthers. An early 14-0 lead dissolved into a 31-27 deficit late in the game but with one chance left to save their season, quarterback Matthew Stafford threw the winning touchdown pass to Colby Parkinson with 38 seconds remaining for a 34-31 win.

> There was a bit more noise coming out of their building, which we heard loud and clear

"I have been in that spot a lot in my life – and I love that spot," Stafford said.

"I would rather be me having to go out there with our offence and do it than watch from the sideline. You can make it stressful or you can make it calm and collected, and the latter is what we were." Pittsburgh host Houston tonight in the final game of the opening round of the playoffs, where the Steelers hope experience will win the day.

Mike Tomlin is the longest-serving head coach at one team as he completes 19 seasons in Pittsburgh while quarterback Aaron Rodgers, 42, is playing his first season with the team but his 21st overall.

"[Our relationship] is important because they are unique jobs," said Tomlin. "We have to be connected. There is a loneliness with leadership, there is a responsibility. We have to have an understanding, and that has been a fun process with Aaron."

Buffalo last night booked their place in the second knockout round when they eliminated Jacksonville 27-24. Quarterback Josh Allen was treated for concussion as well as knee and hand injuries but managed to stay in the game and scored the winning touchdown himself.

SHOUT OUT Johnson (left) with Rome Odunze after the victory

MIGHTY QUINS Kenningham, David and Cunningham-South (clockwise from left) go over for tries

BLOWN AWAY

HARLEQUINS	61
STORMERS	10

Quins produce a blizzard of tries to embarrass rotated Stormers

RAMPANT Harlequins returned to form in style by thrashing previously unbeaten Stormers to secure their place in the Champions Cup knockout stages with one group game remaining.

Stormers had won their 10 competitive fixtures this season – two in this competition and eight in the United Rugby Championship. But they paid the price for leaving their first-choice team in Cape Town for the trip to the Twickenham Stoop.

Quins head coach head coach Jason Gilmore is hopeful the hammering will prove a turning point for his team after a difficult few weeks, especially as they face a daunting trip to La Rochelle on Sunday, where they are likely to need a win if they are to clinch a home tie in the next round.

Gilmore, whose side suffered heavy Prem defeats against Bristol, Sale and Northampton in their previous three games, said: "The biggest thing is it was great to see the boys with a smile back on their faces. It's been tough but we can take lots of confidence from that.

"Hopefully this result will be a catalyst for us, as it's a pleasing result after a difficult few weeks.

"We've changed the training a bit to try and get some more rhythm into our attack, and we saw the benefit today.

"In addition, our defence was vastly improved than in recent weeks as we showed real fight to keep our line intact."

> They totally dominated the collisions and at the breakdown ...it was humiliating

Marcus Smith and Tyrone Green pulled the strings, with Nick David scoring three of the hosts' nine tries. Jack Kenningham, Cadan Murley, Alex Dombrandt, Chandler Cunningham-South, Zach Carr and Jarrod Evans also touched down, with Smith converting eight.

Unconverted second-half tries from replacement Imad Khan and Dylan Maart were all Stormers could muster in response. Gilmore said: "I thought Kenners [Kenningham] was outstanding. He has the ambition to put on an England shirt and it's difficult when your side is not performing, but he has been at the heart of everything for us this season."

Quins captain Dombrandt said: "It's been a tough few weeks for us but we've stuck together and had some honest conversations.

"We now have games against La Rochelle and Leicester, and need to put in some good performances against strong opposition to back up this result."

Stormers head coach John Dobson described the afternoon as "humiliating". "I've no regrets about the team we selected, as I thought we had a side to do the job and at least do enough to compete," he said.

"It's not possible to pick the first-choice players every week and we assessed that we needed one win from two games to qualify, so we chose to prioritise our home fixture against Leicester next week, as that seemed the sensible option.

"It was a disastrous first 20 minutes as everything went wrong, but they totally dominated the collisions and at the breakdown.

"They have one of the quickest breakdowns in Europe and showed why they wanted to target this competition after some disappointing results in the Prem.

"We certainly lost our unbeaten record in style as it was humiliating."

PUTTING BOOT IN Smith helped run the show and added eight conversions

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AT THE DOUBLE Rotimi Segun

Saracens dig deep as they refuse Toulouse

BY **DUNCAN BECH**

SARACENS produced a victory to rescue their season as they overcame TOULOUSE 20-14 in a heavyweight Champions Cup clash at StoneX Stadium.

Two tries from Rotimi Segun and a third by Tom Willis placed Maro Itoje's team in command after they were in danger of being swept away by a full-blooded start from the six-time champions.

Toulouse fought back in swirling winds and driving rain and while they threatened to reel in the deficit, the arrival of Owen Farrell and Ben Earl off the bench provided Saracens with the extra class they needed to get themselves over the line.

But the dominant figure on a famous night in north London was Willis, the England No.8 who was a force of nature despite needing treatment for an early injury.

NORTHAMPTON were brought back down to earth after they suffered a 50-28 loss away to Champions Cup holders BORDEAUX in a repeat of last season's final.

Saints had already secured a place in the round of 16 after two wins from two in the competition and despite a double by Henry Pollock, they lost for the first time in Europe this season.

Irresistible champions Bordeaux crossed over eight times in a scintillating display, but Northampton were able to leave with a bonus point after Danilo Fischetti touched down for their fourth try with two minutes left.

MUNSTER slipped to a second Champions Cup defeat out of three after going down 27-25 away to TOULON in Pool Two.

Marius Domon's try had Toulon ahead at the break after Munster's Tadhg Beirne had been sin-binned.

A chaotic start to the second half saw Toulon tries from Ben White and Gael Drean sandwich Calvin Nash's effort before the French side then had Esteban Abadie sin-binned.

Jack O'Donoghue and Tom Farrell went over for Munster before Jack Crowley's conversion sent them ahead, only for Domon's penalty to wrap up the win for Toulon just five minutes from time.

THE BOY DONE GOOD

Smith defies the odds.. and his dad

ON TOP OF THE WORLD New champ Dalton Smith soaks it all in in New York

BY **MARTIN DOMIN**

DALTON SMITH put his dad through the ringer before father and son celebrated a stunning world title triumph more than 20 years in the making.

Sheffield's Smith stopped Subriel Matias in the fifth round in New York to become WBC super-lightweight champion on Saturday night.

Smith, 28, has been fighting with his dad Grant (inset, above) in his corner since he was just six years old.

But he threw their game plan out of the window and went toe-to-toe with the heavy-headed Matias, who had 22 stoppages to his name.

The Puerto Rican had been cleared to defend his title despite failing a drug test in the build-up.

But he was wobbled by two right hands and a third dumped him on the canvas before the referee waved off the fight.

Smith's underdog victory was hailed by promoter Eddie Hearn as the greatest away win he had ever experienced.

And the new champion said: "This has been a lifelong dream of hard work and sacrifice, it's all for this moment.

"My dad, my grandad, all my family, we've all worked for this and I always believed.

"It's a message to anyone that if you believe in yourself, you can go out and achieve your dreams.

"I heard some people say I'm not tough. I gave my dad a bit of a heart attack as that wasn't the game plan, but I took all his best shots and thought, 'You can't hurt me'.

"He was slowing down, so I thought, 'Persevere, persevere, and I'll get you'. We had Plan A, B and C, and at world level you have to do it all.

"It's not going to sink in for a long time yet, but we always knew this would happen.

"We had everything against us for this fight – the build-up, the testing and so on.

"But I knew that this was my moment and my opportunity, and that you could throw anything at me. I've got the best team around me and it's a win for us all.

"Let me enjoy this moment now. I'm going to embrace it, and the future is bright."

Smith's victory took Britain's tally of male world champions to five and the Sheffield Wednesday fan celebrated by drinking pints of Guinness in the Big Apple.

And Hearn, who promised his new charge a Rolex, revelled in their smash-and-grab win.

"Honestly, that beats everything – that's the greatest away win I've ever witnessed," he said.

"We knew Dalton was a star, but to do that on the world stage and in that style.

"He decided to fight Matias at his own game, which is the worst idea you can have – he's never been hurt, he's never been down, and battered him.

"The kid is a hero and there's a new superstar in the sport of boxing and his name is Dalton Smith.

"He has gone out and accepted the boogeyman, met him head-on in New York and stopped Subriel Matias to become the world champion. Put some respect on his name."

HEAD-ON Smith gets up close and personal with champ Matias – and batters him

Sabalenka out-guns Kostyuk

TENNIS

ARYNA SABALENKA captured her second consecutive Brisbane International title with a straight sets victory over Marta Kostyuk.

After sealing the win, Sabalenka (above) looked down the court at Kostyuk and kissed both biceps – a likely nod to comments by the Ukrainian that she possessed higher testosterone levels than other players.

Kostyuk has said the comments made in an interview last year had been taken out of context, but furthered the tensions between the pair since the Ukranian's refusal to shake Sabalenka's hand at the French Open in 2023.

In Brisbane there was a frosty trophy ceremony, in which Kostyuk spoke passionately about her homeland but declined to mention Belarus' Sabalenka by name.

"I want to say a few words about Ukraine," said Kostyuk.

"There are thousands of people who are without light and warm water right now, it's -20C [-4F] outside right now, so it's very, very painful to live this reality every day. I was incredibly moved and happy to see so many Ukrainian fans and flags here this week – Slava Ukraini."

Sabalenka, meanwhile, congratulated Kostyuk, saying she hoped they would meet in another final soon.

Ahead of the Australian Open, Sabalenka closed out a 6-4, 6-3 victory in just 1hr 17mins.

❑POLAND were crowned United Cup Champions after beating Switzerland in the competition's final.

Switzerland led when Iga Swiatek lost 3-6 6-0 6-3 to Belinda Bencic.

Hubert Hurkacz responded for Poland with a 6-3 3-6 6-3 triumph over Stan Wawrinka.

In the mixed doubles deciderJan Zielinski and Katarzyna Kawa clinched a 6-4 6-3 victory over Jakub Paul and Bencic.

INJURY BLOW Bradley

Bradley out for season

FROM BACK PAGE

time to feature at the World Cup, should Northern Ireland qualify.

While he has avoided an ACL injury, his absence is still an unwanted blow for Liverpool as Bradley joins Giovanni Leoni and Alexander Isak as long-term absentees.

Jeremie Frimpong is now the Reds' only natural senior option at right-back, in a position that has caused Arne Slot headaches.

Joe Gomez is an option in the position, but is he is Liverpool's only cover at centre-back for Virgil van Dijk and Ibrahima Konate.

Dominik Szoboszlai and Curtis Jones have been tasked with being makeshift solutions at right-back at times this season, while Calvin Ramsay is also still on the Reds' books.

Bradley had made 21 appearances for the Reds this season.

Slot also has issues up front ahead of tonight's FA Cup tie with League One Barnsley at Anfield.

With Isak sidelined with a broken leg and Mo Salah at the Africa Cup of Nations, the Reds are looking to Hugo Ekitike after he sat out draws with Fulham and Arsenal with a thigh issue.

Slot said: "We will do everything to have him available on Monday."

SLOT WON'T TYKE 'EM LIGHTLY

Arne to pick strong side for Barnsley game after Reds' shock defeat at Plymouth

DEVON HELP US Slot has food for thought after the defeat at Plymouth (Ryan Hardie, scoring, below)

BY **IAN DOYLE**

ARNE SLOT is not the first Liverpool boss to learn the perils of underestimating the FA Cup.

And like Rafael Benitez and Jurgen Klopp before him, the Dutchman will hope to learn from his experience.

Slot had to field accusations of disrespecting the competition last season when fielding a largely scratch side in the fourth round 1-0 defeat at Plymouth, who were ultimately relegated from the Championship.

Benitez prompted a similar fury after a loss at Burnley in 2005 while Klopp's early years were littered with underwhelming FA Cup results with under-strength line-ups.

That both managers went on to lift the trophy at Liverpool indicates the worth of the tournament ultimately registered.

Slot has pointed out that as the Reds are out of the League Cup he can field a much stronger team for the FA Cup third-round visit of League One Barnsley tonight.

"Last season I made the decision that some players needed to rest in the FA Cup because you cannot play every player every single time," he said.

"But it is obvious that we are not in the League Cup any more and the FA Cup has always been very important for this club.

"Sometimes in a season when you are still competing for the League Cup, the Champions League and the league, with the amount of players we had last season and we have this season, you have to make choices.

"I can guarantee you that on Monday you will see all the players you see (against Arsenal on Thursday), maybe with some substitutions but then they will be on the bench, so that is going to be different from last season against Plymouth.

Joe Gomez, Federico Chiesa, Andy Robertson, Curtis Jones, Giorgi Mamardashvili and teenage duo Trey Nyoni and Rio Ngumoha are all likely starters against Barnsley, whose win at Peterborough in the last round was one of only two victories in their last nine in all competitions.

The Yorkshire side sit 17th in League One but boast the joint-top scorer in the division in Davis Keillor-Dunn. And they have won on their last two visits at Anfield – in the FA Cup in 2008 and Premier League 11 years earlier.

LIVERPOOL v BARNSLEY
FA Cup: Third Round, KO 7.45pm

HOWARD: CHANCE TO JOIN ME AS A CLUB LEGEND

BY **JASON MELLOR**

BRIAN HOWARD has challenged Barnsley's class of '26 to join him in Oakwell folklore.

Conor Hourihane's men are bidding to upset the odds at Liverpool 18 years on from former skipper Howard etching his name into Tykes legend with his iconic Anfield winner.

The midfielder's career-defining stoppage-time strike sealed a seismic 2-1 fifth round FA Cup victory in front of the Kop on Barnsley's unlikely march to the semi-finals before losing to Cardiff at Wembley. Now 42, the Winchester-born former England Under-20 international recalled: "It felt like something written in the stars. I'd done an interview before the game, and the last line said something like, 'If I score a last-minute winner at the Kop end, I'd be a Barnsley legend forever'.

He added: "I thought, '93rd minute, just hit it as hard as you can' and it rocketed into the bottom corner. The rest is a blur. I tried to get to the away end where my family were, but there was no chance with all the team-mates jumping on me." Barnsley's current crop hope to bridge the 57-place gap between the sides at Anfield tonight.

Howard has told Hourihane's troops a place in the Oakwell history books awaits.

The former Southampton trainee made almost 150 of his 400 career appearances in three and a half years in South Yorkshire. He added: "This is the opportunity for the next generation to cement their place in the history of a great football club."

UNFORGETTABLE Howard scores to beat Liverpool

JEDDAH NIGHT Barca lift the trophy

RAPHINHA IS JUST SUPER FOR BARCA

SPANISH SUPER CUP FINAL

Barcelona 3 Real Madrid 2

BY **DARREN WELLS**

RAPHINHA's deflected strike saw Barcelona retain the Spanish Super Cup after Real Madrid had twice come from behind in a thriller in Jeddah.

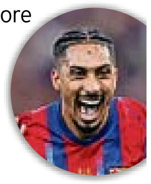
In a fourth successive final between the two rivals, reigning champions Barca claimed their 16th crown thanks to Raphinha's 73rd-minute winner, which took a big deflection.

The ex-Leeds star had earlier put Barcelona ahead, a minute after missing an easier chance, before Vinicius Junior equalised to spark a flurry of three goals in first-half stoppage time.

Robert Lewandowski immediately hit back with a deft chip but Gonzalo Garcia reacted quickest at a corner to go into the break level, before Raphinha struck the decisive blow.

Barcelona started well and should have taken the lead when Raphinha (below) bore down on Thibaut Courtois' goal but fluffed his lines.

Moments later the Brazilian winger made amends to put Barca in front, racing down the left before driving into the box and firing between Aurelien Tchouameni's legs and into the far corner.



Real drew level two minutes into stoppage time when Vinicius scored a stunning solo effort for his first club goal in 16 games. He nutmegged Jules Kounde, skipping between the full-back and Pedri into the box, before shifting past Pau Cubarsí and finishing in the bottom corner.

But Real's joy was short-lived as Barca hit back immediately thanks to a poacher's finish from Lewandowski, who latched on to Pedri's pass before lifting the ball over Courtois.

The first-half drama was not over as Real levelled again when Dean Huijsen's header was diverted on to the crossbar by Raphinha before Garcia clipped in the rebound off the underside of the bar.

Barca went ahead for the final time when Raphinha's shot deflected off Raúl Asencio and over Courtois. Frenkie De Jong was shown a late red card for a lunge on Real substitute Kylian Mbappe.

Marcus Rashford then spurned a chance to make it more comfortable for Barca before Real pair Alvaro Carreras and Asencio both shot straight at Joan Garcia in the dying minutes.

STAG DO Mansfield midfielder Reed after cup victory

TWO-GOAL REED TAKES A WALK ON THE WILD SIDE...

Emirates FA CUP ROUND-UP

MANSFIELD manager Nigel Clough praised the quality of the goals scored by his team in their dramatic 4-3 victory at SHEFFIELD UNITED.

Louis Reed – for whom goals are rare – scored twice against his old club, with Lucas Akins and Rhys Oates also on target. United's goals came from Gus Hamer, Patrick Bamford and a Nathan Moriah-Welsh own goal.

Stags boss Clough said: "I thought the quality of the four goals we scored – their first one as well – was outstanding.

"It is a great surprise to us because he [Reed] maybe gets a goal a season or something like that. Two controlled strikes. Hit the target and they've got a chance.

"I think for the first time for, I don't know, 18/20 years, the club's got to the fourth round. So it means an awful lot."

NORWICH head coach Philippe Clement claimed striker Josh Sargent refused to play in their 5-1 victory over WALSALL.

The Canaries dominated their League Two opponents from start to finish in Sargent's absence, with fellow frontman Jovon Makama leading the way with a hat-trick to take his tally for the season to 12.

"Josh sent me a message [on Saturday] evening saying he would not be available because of transfer things in his head," said Clement, with the player linked with a move to Major League Soccer's Toronto FC.

"The club has made it really clear to Josh and his agent he will not be leaving during this transfer window."

Ollie Bostock kept his cool to hammer home the winning penalty in a dramatic shootout win at SWANSEA to bring to an end WEST BROM's run of 10 successive away defeats.

Having set up a goal for Jed Wallace at the start of the second period of extra time to give his side a 2-1 lead, Bostock hit the target following three successive misses to make it 6-5 in the shootout, after the teams had been locked at 2-2 following extra time.

Keeper Dillon Phillips was the hero as HULL defeated BLACKBURN 4-3 on penalties after a goalless draw.

YELLOW FEVER Makama netted a hat-trick for Canaries

MARTI'S

Angel Gabriel puts Liverpool row behind him to net treble

PORTSMOUTH 1
Bishop 3
ARSENAL 4
Dozzell 8og, Martinelli 25, 51, 72

BY **JOHN CROSS**

GABRIEL MARTINELLI was cast as the arch-villain just three days ago.

But Martinelli was Arsenal's FA Cup hero this time with a sensational hat-trick to ensure a comfortable passage into the fourth round for Mikel Arteta's Gunners.

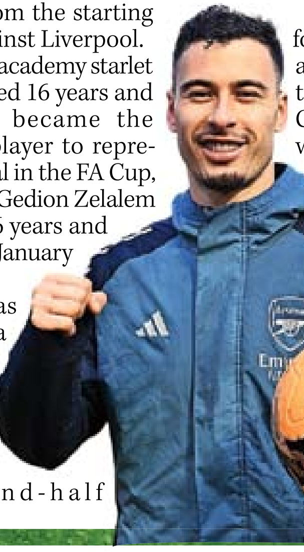
Arsenal have gone out at the first hurdle in the past two seasons, but there were no slip-ups at Fratton Park despite Arteta making 10 changes to his starting line-up. And it was Martinelli, who was lambasted after pushing injured Liverpool defender Conor Bradley off the pitch on Thursday night, who really seized his chance to write his own script.

Mind you, the travelling 3,000 Arsenal fans were quick to chant what they thought about Gary Neville after the Sky Sports pundit had been particularly brutal about Martinelli's actions against Liverpool.

Martinelli (with the matchball, right) is a speedy Brazil winger, but even he has got Arsenal's set-piece bug because two of his goals were near-post headers from Noni Madueke corners.

That makes it 17 set-piece goals for Arsenal this season and they set another record when teenager Marli Salmon came on as a second-half substitute for Gabriel, who was the only survivor from the starting line-up against Liverpool.

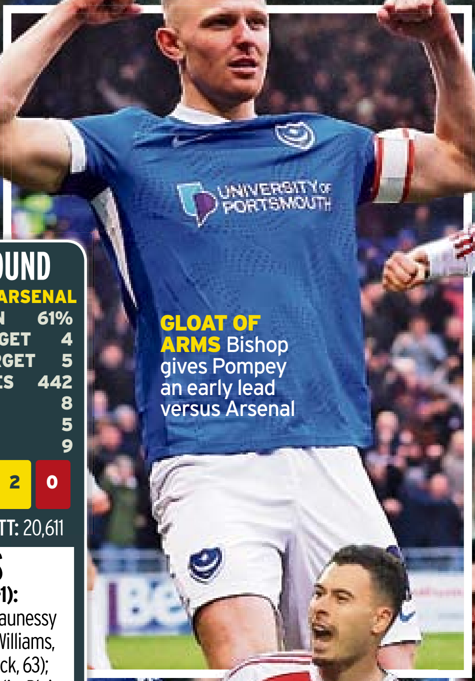
Gunners academy starlet Salmon, aged 16 years and 135 days, became the youngest player to represent Arsenal in the FA Cup, surpassing Gedion Zelalem who was 16 years and 363 days in January 2024.



There was also a welcome return for fit-again Kai Havertz as a second-half substitute and it has come just at the right time for Premier League leaders Arsenal.

Arteta is still in the hunt for four trophies – they are also in the semi-finals of the Carabao Cup at Chelsea on Wednesday as well as being in the title race and Champions League – but the FA Cup is the only trophy he has won since taking charge in 2019. Arsenal have won the FA

SUPREME



GLOAT OF ARMS Bishop gives Pompey an early lead versus Arsenal

FA CUP 3RD ROUND

PORTSMOUTH		ARSENAL
39%	POSSESSION	61%
5	SHOTS ON TARGET	4
3	SHOTS OFF TARGET	5
273	TOTAL PASSES	442
6	CORNERS	8
1	OFFSIDES	5
16	FOULS	9
0 🟥 1 🟨	CARDS	🟨 2 🟥 0

REF: Tony Harrington **ATT:** 20,611

LINE-UPS

PORTSMOUTH (4-2-3-1): Bursik; Devlin, Poole, Shaunessy (Oglivie, 63), Swanson (Williams, 73); Dozzell, Le Roux (Pack, 63); Segecic (Swift, 73), Chaplin, Blair (Umeh, 40); Bishop.

ARSENAL (4-3-3): Arrizabalaga; White (Timber, 68), Norgaard, Gabriel (Salmon, 76), Lewis-Skelly; Merino, Eze, Nwaneri (Odegaard, 68); Madueke, Martinelli (Zubimendi, 82), Jesus (Havertz, 68).

MAN OF THE MATCH
GABRIEL MARTINELLI

Cup a record 14 times but, with so many games, it was understandable they rolled the dice with wholesale changes.

However, Arteta's men did look a bit slack and disinterested in the opening stages. It was Madueke giving the ball away that led to Portsmouth's opening goal as the Championship strugglers had the temerity to take a third-minute lead.

Harvey Blair's ball into the box fell for Conor Chaplin and his shot was beaten away by Arsenal keeper Kepa Arrizabalaga. It fell straight to Pompey captain Colby Bishop, who smashed home and this wonderful old ground came to life again.

But Arsenal were level five minutes later. Eberechi Eze's corner caused chaos amid a mass of bodies in the six-yard box. It was eventually deflected in off Andre Dozzell – son of former Spurs midfielder Jason – and went down as an own goal.

Christian Norgaard tried to claim it but the ball had crossed the line.

Arsenal got their second on 25 minutes. Madueke's near-post corner was flicked on and in by Martinelli and the visiting fans celebrated after their team turned it round.

The visitors then wasted chances to put the game to bed. Martinelli went clean through but curled his effort wide. He then hit the post when it looked easier to score. The worst miss of the lot came after 42 minutes. Ex-Arsenal youngster Zak Swanson clumsily tripped Madueke to concede a penalty. But Madueke side-footed his spot-kick wide even after keeper Josef Bursik had gone the wrong way.

On 51 minutes, Arsenal finally gave themselves a cushion. Gabriel Jesus' teasing cross from the right was on a plate for Martinelli to tap home at the back post.

Martinelli then completed his hat-trick with a fourth Arsenal goal after 72 minutes. Madueke's near-post corner was again flicked in by Martinelli to send the Arsenal fans home happy.

Poor Pompey finished the game with 10 men as substitute Franco Umeh went off injured after the home side had used all their substitutes.

Mik hails Gab's 'big personality'

FROM BACK PAGE

lift yourself up and make it count. It's part of football and then it's how you take it.

But he knew inside the reason why he did what he did. [Liverpool boss] Arne Slot spoke brilliantly after the game, explaining the situation and the fact Gabi had no intention whatsoever to damage any player.

"His personality is to come in and talk on the pitch, which is the best part of it. I love it."

Brazil star Martinelli even scored twice from corners with near-post headers to carry on Arsenal's knack of being the set-piece specialists.

And the Gunners boss (above) added: "His timing in the box is really good. And before the game, he was talking about it [scoring from a set piece]."

Arteta confirmed he expects to hear more today on injured defender Piero Hincapie, who limped off against Liverpool.

SPORT IN BRIEF

FA Cup Third Round

DERBY (1) 1	**LEEDS (0)............ 3**
Brereton Diaz 35 **Att: 21,741**	Gnonto 55 Tanaka 59 Justin 90
HULL (0)................ 0	**BLACKBURN (0) ... 0**
	Att: 6,627

AET – Score after 90 mins 0-0. Hull win 4-3 on penalties.

MAN UTD (0) 1	**BRIGHTON (1) 2**
Sesko 85	Gruda 12 Welbeck 64
NORWICH (2)......... 5	**WALSALL (0)........ 1**
Jurasek 15 Makama 24, 48, 55 Springett 90	Clarke 67 **Att: 19,776**
PORTSMOUTH (1) .. 1	**ARSENAL (2) 4**
Bishop 3 **Att: 20,611**	Dozzell 8 (og) Martinelli 25, 51, 72
SHEFF UTD (1)....... 3	**MANSFIELD (2) 4**
Hamer 20 Bamford 61 Moriah-Welsh 65 (og)	Reed 13, 44 Akins 50, Oates 57 **Att: 17,514**
SWANSEA (0)......... 2	**WEST BROM (0) ... 2**
Eom 48 Inoussa 112	Maja 53 Wallace 108 **Att: 9,981**

AET – Score after 90 mins 1-1. West Brom win 6-5 on penalties.

WEST HAM (1)....... 2	**QPR (0)................ 1**
Summerville 45 Castellanos 98	Kone 65

AET – Score after 90 mins 1-1. .

Women's Super League

ASTON VILLA (0).... 2	BRIGHTON (1) 1
CHELSEA (4).......... 5	WEST HAM (0) 0
LIVERPOOL (0)....... 0	LONDON CITY (0) . 0
MAN CITY (1)......... 2	EVERTON (0) 0
TOTTENHAM (1)..... 1	LEICESTER (0)...... 0

William Hill Scottish Premiership

ABERDEEN (0) 0	RANGERS (1)........ 2
DUNDEE (0) 0	HEARTS (1) 1

CRICKET

FIRST ONE DAY INTERNATIONAL — India v New Zealand (Vadodara): New Zealand 300-8 (50.0 overs; D J Mitchell 84; H M Nicholls 62; D P Conway 56); India 306-6 (49.0 overs; V Kohli 93; S Gill 56; K A Jamieson 4-41) *India win by 4 wickets*

RUGBY UNION (Fri - Sunday)

European Champions Cup

Pool One

C AUVERGNE.......... 21	GLASGOW 33
SALE...................... 26	SHARKS 10
SARACENS............. 20	TOULOUSE............. 14

	P	W	D	L	B	F	A	Pts
Glasgow	3	3	0	0	3	87	63	15
Sale	3	2	0	1	3	82	50	11
Saracens	3	2	0	1	2	90	52	10
Toulouse	3	1	0	2	3	91	67	7
Sharks	3	1	0	2	1	57	105	5
Clermont A.	3	0	0	3	0	45	115	0

Pool Two

CASTRES 20	BATH..................... 43
EDINBURGH 26	GLOUCESTER......... 24
TOULON................. 27	MUNSTER.............. 25

	P	W	D	L	B	F	A	Pts
Bath	3	2	0	1	3	117	79	11
Edinburgh	3	2	0	1	2	59	77	10
Toulon	3	2	0	1	1	92	92	9
Munster	3	1	0	2	2	70	70	6
Gloucester	3	1	0	2	2	61	71	6
Castres	3	1	0	2	1	67	77	5

Pool Three

LEICESTER............. 57	BAYONNE.............. 14
LEINSTER............... 25	LA ROCHELLE........ 24
HARLEQUINS.......... 61	STORMERS............ 10

	P	W	D	L	B	F	A	Pts
Leinster	3	3	0	0	2	93	67	14
Harlequins	3	2	0	1	3	157	69	11
Stormers	3	2	0	1	1	78	99	9
La Rochelle	3	1	0	2	2	84	87	6
Leicester	3	1	0	2	1	92	76	5
Bayonne	3	0	0	3	0	45	151	0

European Champions Cup

Pool Four

BLUE BULLS 49	BRISTOL................ 61
SCARLETS............. 38	PAU...................... 47
BORDEAUX............ 50	NORTH'PTON......... 28

	P	W	D	L	B	F	A	Pts
Bordeaux	3	3	0	0	3	146	82	15
Bristol	3	3	0	0	2	139	77	14
North'pton	3	2	0	1	3	113	82	11
Pau	3	1	0	2	1	86	134	5
Scarlets	3	0	0	3	2	75	114	2
Blue Bulls	3	0	0	3	2	87	157	2

European Challenge Cup

Pool 1

MONTAUBAN 28	BLACK LION 31
MONTPELLIER 33	CONNACHT............ 31
ZEBRE.................... 23	OSPREYS............... 19

Pool 2

BENETTON T 74	DRAGONS.............. 21
LIONS 42	LYON..................... 33
NEWCASTLE 26	PERPIGNAN........... 19

Pool 3

CARDIFF RUGBY 32	RACING 92............ 13
STADE FRANCAIS... 27	EXETER 25
CHEETAHS .... P	ULSTER .... P

SNOOKER

WST Johnstone's Paint Masters (Alexandra Palace, London, England). **— 1st Round:** Y Wu (Chn) bt S Murphy (Eng) 6-2.

TENNIS

ATP & WTA BRISBANE INTERNATIONAL (Australia) **— Finals Men's:** D Medvedev (Rus) bt B Nakashima (USA) 6-2 7-6 (7-1) **Women's:** A Sabalenka (Blr) bt M Kostyuk (Ukr) 6-4 6-3.

TODAY'S DIARY

FA Cup Third Round

Liverpool v Barnsley (7.45) ....
(Live on TNT Sports 1)

Papa John's Trophy Third Round

AFC Wimbledon v West Ham (7pm) ....

WEL, WHAT DID

Listless United's issues summed up by a Welbeck-inspired Seagulls victory at Old Trafford... and no one is surprised

HERE'S DANNY
Welbeck haunts his former club with winner

FA CUP 3RD ROUND

MAN UTD		BRIGHTON
60%	POSSESSION	40%
7	SHOTS ON TARGET	4
8	SHOTS OFF TARGET	5
525	TOTAL PASSES	361
6	CORNERS	1
5	OFFSIDE	4
11	FOULS	15
🟥1 🟨4	CARDS	🟨1 🟥0

REF: Simon Hooper. **ATT:** ??,???

LINE-UPS

MAN UTD (4-2-3-1): Lammens; Dalot, Yoro, Martinez (Maguire 79), Dorgu; Ugarte (Casemiro 79) , Mainoo (Zirkzee 62); Mount (Lacey 62), Fernandes, Cunha; Sesko.

BRIGHTON (4-2-3-1): Steele; Hinshelwood, Gomez (Van Hecke 77), Veltman (Ayari 77), Coppola; Gross, Gruda (Watson 90); Kadioglu, Rutter (Kostoulos 84), Boscagli; Welbeck (Mitoma 77).

MAN OF THE MATCH
DANNY WELBECK

MANCHESTER UTD 1
Sesko 85
BRIGHTON 2
Gruda 12, Welbeck 64

BY **JEREMY CROSS**

THERE were no shocks at Old Trafford, where Manchester United were dumped out of the FA Cup.

And the fact that this defeat came as no surprise is a damning reflection of how low this once great club has now sunk.

For the first time since World War II, United's chances of winning silverware are over in the second week of January.

Unless they go on and win the Premier League title – but there's more chance of hell freezing over than that happening. And heaven help whoever agrees to take interim charge ahead of next weekend's derby against Manchester City.

Because call me stupid, but whoever manages United is not the problem.

It is the players who are nowhere near good enough. Goals from Brajan Gruda and Danny Welbeck were enough to send Brighton into the fourth round, despite a late strike from Benjamin Sesko.

It was Brighton's first win against United in the competition, but their fourth from the past five trips to Old Trafford.

And if this proves to be Darren Fletcher's second and final game as caretaker boss, it will leave a long and bitter taste in the mouth of the former midfield great.

Because some people will remember him as the bloke who managed United when they crashed out of the third round for just the third time in the past 41 attempts. Fletcher had made three changes, the most significant one being the return of Kobbie Mainoo for just his second start of the season.

Brighton head coach Fabian Hurzeler, meanwhile, made six changes, including naming former United striker Welbeck as the Seagulls skipper.

Diogo Dalot should have given Fletcher a boost by putting United ahead inside two minutes following a superb pass from Matheus Cunha, but with just Jason Steele to beat, he failed. Goalkeeper Steele then had to charge from his goal to clear his lines just ahead of Sesko.

And moments later Steele produced another fine save to keep out a low drive from Bruno Fernandes.

United had made a bright start, but it counted for zilch when Brighton took the lead on 12 minutes.

Welbeck's cross found Georginio Rutter, and when his header was blocked on the line by Lisandro Martinez, Gruda was on hand to smash the loose ball into the back of the net. A howler from Senne Lammens gifted Welbeck the chance

YOU EXPECT?

BRA-VO Brighton open the scoring through Brajan Gruda

ONE STEP FORWARD... Sesko gives United brief hope by heading in a late corner, but Lacey (above) was quickly sent off

to make it 2-0, but he could not punish his former club.

Time would tell if Welbeck's miss would prove costly.

Joel Veltman lashed a shot wide, while Welbeck struck one into the side netting.

United were having their heads pecked by a bunch of Seagulls, and home supporters were getting restless long before half-time.

All the hosts could muster were two efforts just off target from Fernandes and Cunha.

Where was the inspiration coming from? Fletcher, a winner of this competition with United in 2004, came out for the second half clapping his hands and urging supporters to get behind his side.

But his players gave them nothing to cheer whatsoever.

Fletcher's most famous manager gambled to win games.

And Fletcher threw on Joshua Zirkzee and Shea Lacey.

But any chance of a Sir Alex Ferguson-style masterstroke vanished within moments, as Welbeck escaped Lenny Yoro to lash an unstoppable effort into the top corner – leaving United apparently dead and buried. But late on there was a glimmer of hope the tie could at least be taken into extra-time.

Sesko headed in a Bruno Fernandes corner at the far post in the 85th minute to briefly stir the hosts.

But the momentum was rapidly lost, when teenager Lacey was sent off for two bookings in just three minutes.

No wonder Ferguson looked on with a grimace on his face.

❑ The draw for the FA Cup fourth round is tonight at 6.35pm, live on TNT, before their coverage of Liverpool v Barnsley.

FLETCH'S BLAST AT ATTITUDE

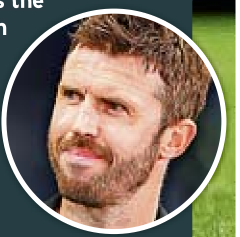
FROM BACK PAGE

themselves up and respond. Confidence is one of the most powerful things in football, but when you don't have it, you have to dig deep.

"They have to come together. It's only the players that can do something about it. They have to find a way to win.

"It's about hard work, attitude and application."

United are now expected to appoint another interim boss until the end of the season. Ole Gunnar Solskjaer and Michael Carrick (below) are the front runners.



But Fletcher, who leaves the post to return to his role in the club's youth system, believes home fans were right to jeer United.

He added: "Someone will come in and lead them. This side is still good enough to achieve something this season.

"I've not had any discussions beyond this game. Things will unfold in the coming days.

"The fans have every right to air their grievances. They are right to do that. I'm sure if the players show the right reaction the fans will get behind them again. There is still a lot to play for in the league."

Match-winner Welbeck, who spent six years at United before leaving for Arsenal in 2014, said: "It's massive. To come here - whether it's FA Cup or Premier League, it's always a massive occasion - it's one that we're delighted with, to get into the next round."

Seagulls boss Fabian Hurzeler, who made six changes, added: "I trust in every player. It's a great team performance."

Second Fab exit at Spurs

BY **CONNOR O'NEILL**

FABIO PARATICI is set to leave Tottenham just three months after returning.

Spurs' co-sporting director (above) will return to his native Italy at the end of this transfer window to take up a head of football operations role with Fiorentina.

Paratici was banned from football in 2023 for 30 months following the Plusvalenza investigation, which looked into the overvaluation of players from his time at Juventus.

While he appealed, the ban was imposed worldwide by FIFA, which led to his Spurs resignation in 2023.

He returned to the north London club in October, working with Johan Lange as co-sporting director.

Speaking at the start of this month, under-fire Spurs head coach Thomas Frank insisted that Paratici remained fully active.

He said: "Fabio is Tottenham sporting director. He is working very hard for Tottenham."

LET'S BE FRANK... IT'S NOT WORKING: PULLOUT PAGE 6

Baggies hire Eric

BY **DARREN WELLS**

WEST BROM have hired former Manchester United assistant Eric Ramsay as their new head coach.

Ramsay, 34, guided Minnesota United to the semi-finals of the Major League Soccer play-offs last season in his first senior managerial role, after working alongside Erik ten Hag at Old Trafford.

He has also worked as an assistant coach for Wales and had spells at Swansea, Shrewsbury and Chelsea.

James Morrison took charge of West Brom's FA Cup victory over Swansea on penalties yesterday, following Tuesday's dismissal of Ryan Mason.

Baggies chairman Shilen Patel said: "Throughout our recruitment process, Eric consistently exhibited the qualities to lead and succeeds."

DAILY EXPRESS SPORT
express.co.uk/sport

Brad blow as Conor's season wiped out

BY **THEO SQUIRES**

CONOR BRADLEY will miss the rest of the season after the Liverpool full-back suffered a "significant knee injury" in the draw against Arsenal.

The Northern Ireland defender (left) will have surgery after being taken off on a stretcher at the Emirates Stadium last Thursday. Scans showed that Bradley had avoided an ACL rupture. However, he suffered damage to both bone and ligaments in his left knee.

The 22-year-old will also miss Northern Ireland's World Cup play-off campaign, where they will face Italy in a semi-final in March, with the winner then taking on either Wales or Bosnia-Herzegovina for a place at next summer's finals in North America.

It is too early to say whether Bradley would stand a chance of returning in

TURN TO PAGE 47, COLUMN 1

MAN UNITED 1 2 BRIGHTON

THE Emirates FA CUP

Interim boss exits with blast at 'fragile' United players

BY **JEREMY CROSS**

DARREN FLETCHER slammed his Manchester United flops for being soft after watching them crash out of the FA Cup to Brighton.

Fletcher's short spell as interim boss finished with a whimper as United went down 2-1 at Old Trafford.

Goals from Brajan Gruda and Danny Welbeck were enough to send Brighton into the fourth round, despite a late header from Benjamin Sesko. And United's misery was complete when sub Shea Lacey was sent off for his second bookable offence in the closing stages.

United were booed off and Fletcher accused his side of being brittle.

He said: "We started OK, but didn't keep the tempo. Our passing was quite slow. We didn't move the ball with tempo. We created chances, but going 2-0 down was difficult.

"The players are fragile. They need to build

TURN TO P51, COL 4

FLETCH FLAYS FLOPS

DOWN AND OUT Skipper Bruno Fernandes reacts to the defeat

LOW POINT Fletcher says United's players have to dig deeper

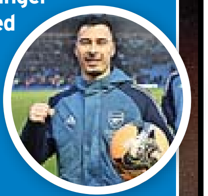
A STRONG MINDSET IS GAB'S GIFT, SAYS ART

PORTSMOUTH 1 ARSENAL 4

BY **JOHN CROSS**

MIKEL ARTETA praised Gabriel Martinelli's "big personality" after his FA Cup hat-trick put Arsenal into the fourth round.

Martinelli (below) scored his maiden Arsenal treble with his first goals in the competition just three days after being in the eye of the storm surrounding Liverpool's Conor Bradley.



The Gunners winger publicly apologised after trying to pull Bradley off the pitch during a goalless draw at the Emirates, insisting he did not realise the Reds defender was badly hurt.

Arsenal manager Arteta said: "That's why to play for a big club, you need a big personality because it can be bad, it can be an action that you miss, it can be something that costs you a game. And three days later, there is a game. So you need to

TURN TO PAGE 49, COLUMN 4

DAILY EXPRESS Fever Pitch

WEEKEND FOOTBALL: ACTION, REACTION & ANALYSIS

Castellanos opens account to ease pressure on Nuno

TAT'S

FREE INSIDE

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Puzzles

SUDOKU

Fill the grid so that every column, row, and 3x3 square includes all of the digits from one to nine. **Solutions tomorrow**

EASY

		8				9		7
		7	5		2			
6		4				2		3
	8	9	6		3			5
1				2			6	9
		6			9	1	2	
7					8	5		2
	6		4		5	8		
8		3		7		6		4

MEDIUM

	9	4				6		
5				2	7			
	7	6	4				8	
	1	5			9	8		
			1		3			6
		3	7			1	4	
7				1	8	5	2	
	5		9					8
		1				3	6	

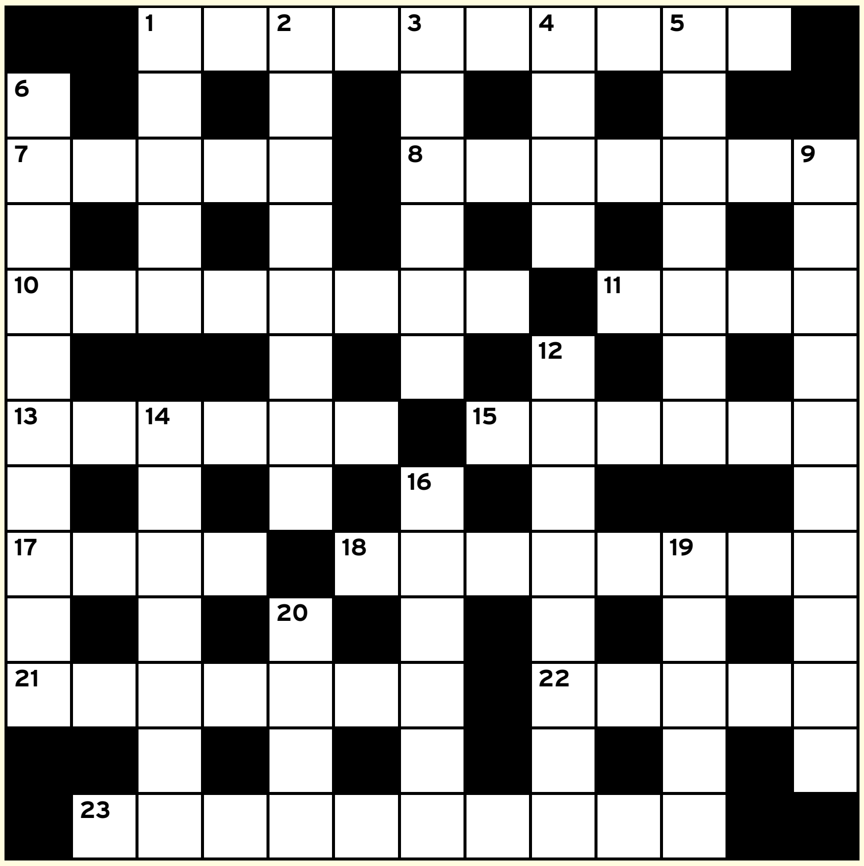
DIFFICULT

		1	6		2	5		
3			4	8			7	
								4
6			1				3	
		5		6				
	8				4			5
7								
	5			4	9			8
		4	5		7	2		

Extra clues:
0901 322 5609
**Calls cost 75p plus your telephone company's network access charge.*

Today's solution:
0907 181 2573
**Calls cost 80p per minute plus your telephone company's network access charge.*

QUICK CROSSWORD



ACROSS
- **1** Vague (10)
- **7** Consumed (5)
- **8** Reasonable (7)
- **10** Length of time (8)
- **11** Plan (4)
- **13** Business magnate (6)
- **15** Male goose (6)
- **17** Candid (4)
- **18** Abuse (8)
- **21** Wreath (7)
- **22** Affirm (5)
- **23** Severity (10)

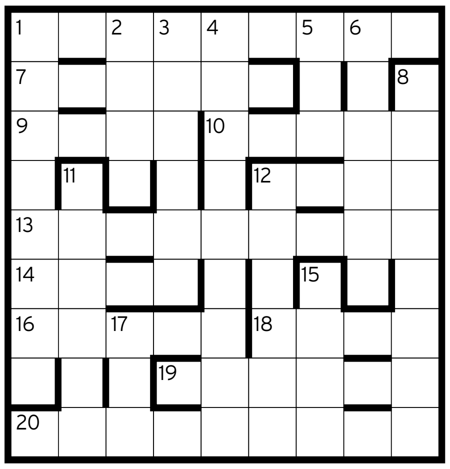
DOWN
- **1** Bury (5)
- **2** Gift (8)
- **3** Succeed (6)
- **4** Near (4)
- **5** Grappled with (7)
- **6** Self-willed (10)
- **9** Reading matter (10)
- **12** Adherent (8)
- **14** Stripe (7)
- **16** Bicycle for two (6)
- **19** Foe (5)
- **20** Decline (4)

Solution tomorrow

Stuck on the puzzle? Call **0905 789 4188** to hear individual clues or the full solution

Calls cost 80p per minute plus your telephone company's network access charge. Service provider Spoke Ltd - **Helpline 0333 202 3390*

SMALL CROSSWORD



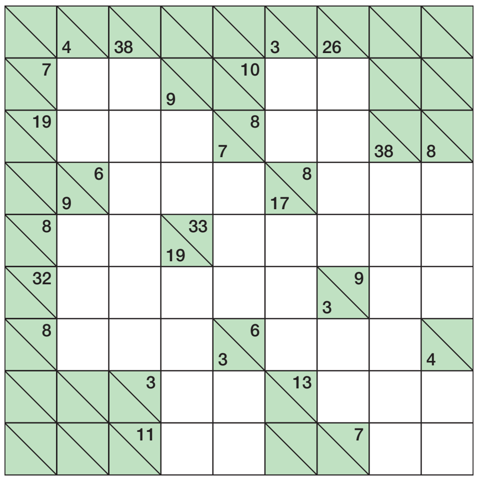
ACROSS
- **1** Go to a party without being asked (9)
- **7** Lined up (2,1,3)
- **9** Fronded plant (4)
- **10** Open sore (5)
- **12** In addition (4)
- **13** Part of a three-piece suit (9)
- **14** Civil unrest (4)
- **16** Hostility (informal) (5)
- **18** Per person (4)
- **19** Lithe (6)
- **20** Tin steins (anag.) (9)

DOWN
- **1** Package a present (4-4)
- **2** Mountain lake (4)
- **3** _ Hemingway, author (6)
- **4** Polite (9)
- **5** Curve (3)
- **6** Playground feature (6)
- **8** Musical note (8)
- **11** Former name of Ho Chi Minh City (6)
- **12** Take in (6)
- **15** Back of the neck (4)
- **17** _ Van Sant, film director (3)

Solution tomorrow

For today's solution call:
0907 181 2582
**Calls cost 80p per minute plus your telephone company's network access charge.*

KAKURO



Fill each sequence of blank squares using the numbers 1-9. Each sequence - across and down - must total the number in the shaded box at the beginning or top of each line. A number may be repeated in each line but NOT in a sequence.

Solution tomorrow

CROSS DOUBT

Target times: Average: **16 mins**
Good: **12 mins** Excellent: **8 mins**

Stuck? Call for a clue
0901 322 5601
Halve your Target Time!

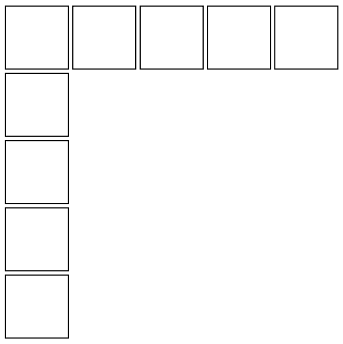
Today's solution
0901 322 5607
Both today's words in a moment!

**Calls cost 75p plus your telephone company's network access charge.*

Can you make two common five-letter words from the nine letters given, using each letter only once? You can - but only if one letter features in both words in the squares on the right. There's at least one way to do it, and you have to have the right letter at the crossover - but which one is it?

See if you can find the answer within our target time. If you need help, ring our clue-line below to find out the crossover letter. **Solution tomorrow**

A C F H I M O R Y



Puzzles

WIN £250

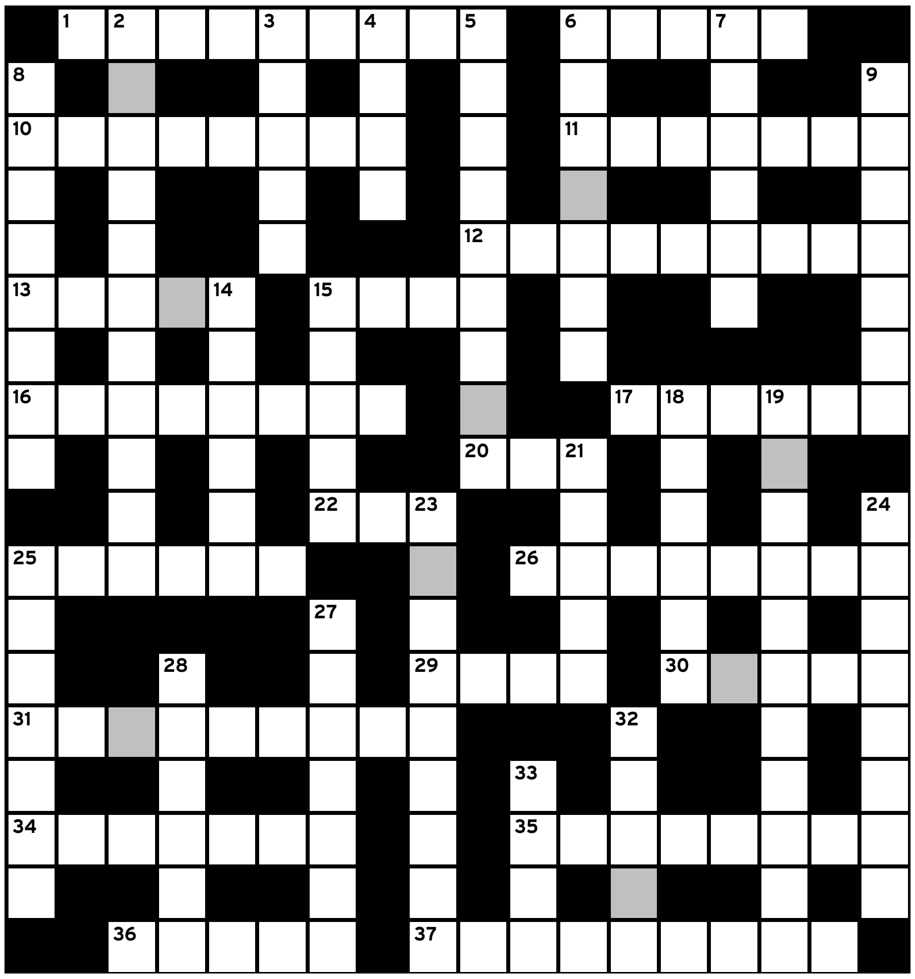
BIG MONDAY CROSSWORD

ACROSS

1 Common oesophageal disorder known by the technical terms pyrosis and cardialgia (9)
6 & 25 Down English composer who wrote the opera Dido And Aeneas (1689) (5,7)
10 Horizontal bar bounding the open deck at a ship's stern, typically mounted on vertical stanchions (8)
11 In mathematics, a positive or negative whole number or zero; from Latin, 'untouched' (7)
12 Great ape with the binomial Pongo pygmaeus, named in English from the Malay for 'man of the forest' (9)
13 Of or relating to the cheek or cheekbone (5)
15 Sedimentary soil comprising particles larger than sand and smaller than clay (approx. 0.004-0.06 mm) (4)
16 Intellectual pig in George Orwell's Animal Farm (1945) modelled on Russian revolutionary Leon Trotsky (8)
17 See 14 Down
20 Common, but inaccurate, North American name for the sweet potato (Ipomoea batatas) (3)
22 Any large flightless bird of the recently extinct New Zealand order Dinornithiformes, similar to the ostriches (3)
25 Equivalence in value, as of currencies, commodities, securities etc. (6)
26 Astronomical diagram showing the sun's position in the sky as viewed from a set point at a set hour over the course of a year, shaped like a figure 8 (8)
29 & 30 Across Waterway constructed in NE Egypt from 1859 to 1869 to link the Mediterranean to the Red Sea (4,5)
31 In a right-angled triangle, the ratio of the side adjacent to an angle to the side opposite it (9)
34 Governor of Messina and father of Hero in Shakespeare's Much Ado About Nothing (7)
35 Pet dog of Christopher Lloyd's Doc Brown in the Back To The Future film trilogy (1985-1990) (8)
36 See 4 Down
37 Then-uncommon foodstuff harvested from Swiss trees in an April Fools' Day segment of the BBC's Panorama in 1957 (9)

DOWN

2 'La Grande Dame de Fer' (Iron Lady) of mid-western Paris, constructed for the World Exposition of 1889 (6,5)
3 Anglo-Saxon nobleman ranked between a ceorl (freeman) and an ealdorman, typically holding lands in return for military service to a king or lord (5)
4 & 36 Across Alternative proprietary name for the Jamaican tangelo, classified as Citrus reticulata x paradisi (4,5)
5 Surgical cutting of a nerve, generally performed to relieve chronic pain (9)
6 Westernmost province of the French-speaking Walloon region of southern Belgium; capital, Mons (7)
7 King of Thrace in Greek mythology from whom an Asian species of macaque monkey gets its name (6)
8 English dessert, first recorded in 1893, apocryphally created by the accidental dropping of a strawberry pavlova (4,4)
9 & 21 Down Actor who played the title role in the 2000-2006 US sitcom Malcolm In The Middle (7,5)
14 & 17 Across Archbishop of Canterbury from 1980 to 1991, succeeded by George Carey (6,6)
15 Massachusetts town in which the US National Guard was first mustered in 1636 (5)
18 Superfamily of Eurasian languages comprising the Finno-Ugric and Samoyed groups (6)
19 Literal English translation of the Hebrew word mitzvah (11)
21 See 9
23 Athenian general and statesman ('the Just') who commanded the victorious Greek army against the Persians at the Battle of Plataea in 479 BC (9)
24 Swiss psychologist (1875–1961) who originated concepts including the collective unconscious and introvert and extrovert personality types (4,4)
25 See 6 Across
27 Fourth-largest city in western California's Silicon Valley region, incorporated in 1956 (7)
28 Treasure-guarding dragon slain by the hero Sigurd in Norse mythology (6)
32 Short prophetic book of the Old Testament telling the story of the 'son of Amittai' (5)
33 Isolated hill with a flat top and steep sides, especially in the south-western US; Spanish, 'table' (4)



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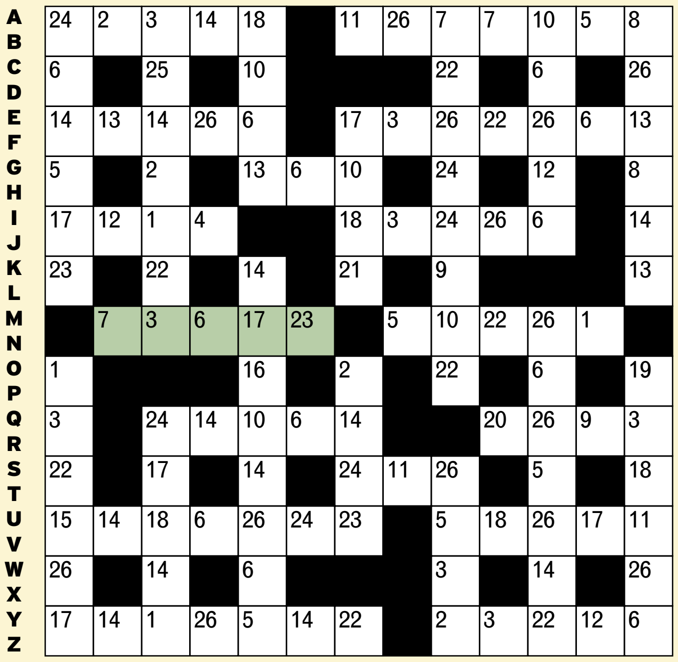


24	2	3	14	18		11	26	7	7	10	5	8
6		25		10				22		6		26
14	13	14	26	6		17	3	26	22	26	6	13
5		2		13	6	10		24		12		8
17	12	1	4			18	3	24	26	6		14
23		22		14		21		9				13
	7	3	6	17	23		5	10	22	26	1	
1				16		2		22		6		19
3		24	14	10	6	14			20	26	9	3
22		17		14		24	11	26		5		18
15	14	18	6	26	24	23		5	18	26	17	11
26		14		6				3		14		26
17	14	1	26	5	14	22		2	3	22	12	6

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTION Across: Dry, Actress, Decor, Embargo, Cuticle, Crown, DAZZLE, Nursed, Quart, Ominous, Idolise, Idiot, Asinine, Map. **Down:** Deduced, Quip, Yacht, Zealous, Bracelet, Inn, Clever, Govern, Rub, Crucifix, Serious, Opium, Join, Desktop.

WIN £100

25 MINUTES

Can you beat today's time?

TACKLE the Alphapuzzle™ Challenge – and be in with a chance of a £100 cash prize. FIRST, call the number below and note today's CLUE LETTERS and your unique PIN NUMBER to set your personal stop-watch running. Then, use the clue letters to work out the word in the green squares. When you crack the mystery word, call again and enter your pin number to STOP THE CLOCK. Winner selected at random from all correct entrants who beat the 25-minute Target Time. Each grid number represents a different letter. All 26 letters of the alphabet are used.

Solution next Monday

0907 181 2908

YOUR PIN No. _ _ _ _ _ _

Calls cost 80p per minute plus your telephone company's network access charge. Lines close 23:59 every Sunday.

£100 Winner (29 Dec):
P Higgins, Rugby.

TO WIN £250 CASH!

read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER CALL: 0904 161 1601

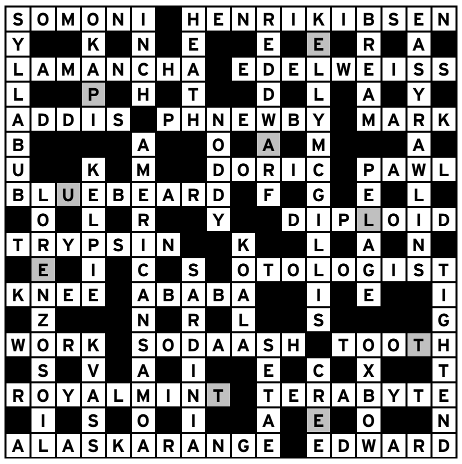
(£1.50 per call plus network extras)

Leave your answer and details, or text BIGXWORD followed by a space, your answer, name and address to 88833 (texts cost £1.50 plus your standard network rate) or just complete the crossword correctly and send it to: Daily Express, Prize Crossword (No 1135), PO Box 8694, Derby DE1 9TW Competition closes Friday, January 16, 2024 at 11:59pm. Winner picked at random from all entry routes after close date. NEED HELP? Call 0904 161 1602 for five extra clues! *Calls are £1.50 plus your telephone company's network access charge.
*SP: Spoke, 0333 202 3390.
For any postal enquiries, call this helpline.

BIG MONDAY CROSSWORD SOLUTION AND WINNER

Monday December 29

£250 WINNER:
S McAllister, Leicestershire.

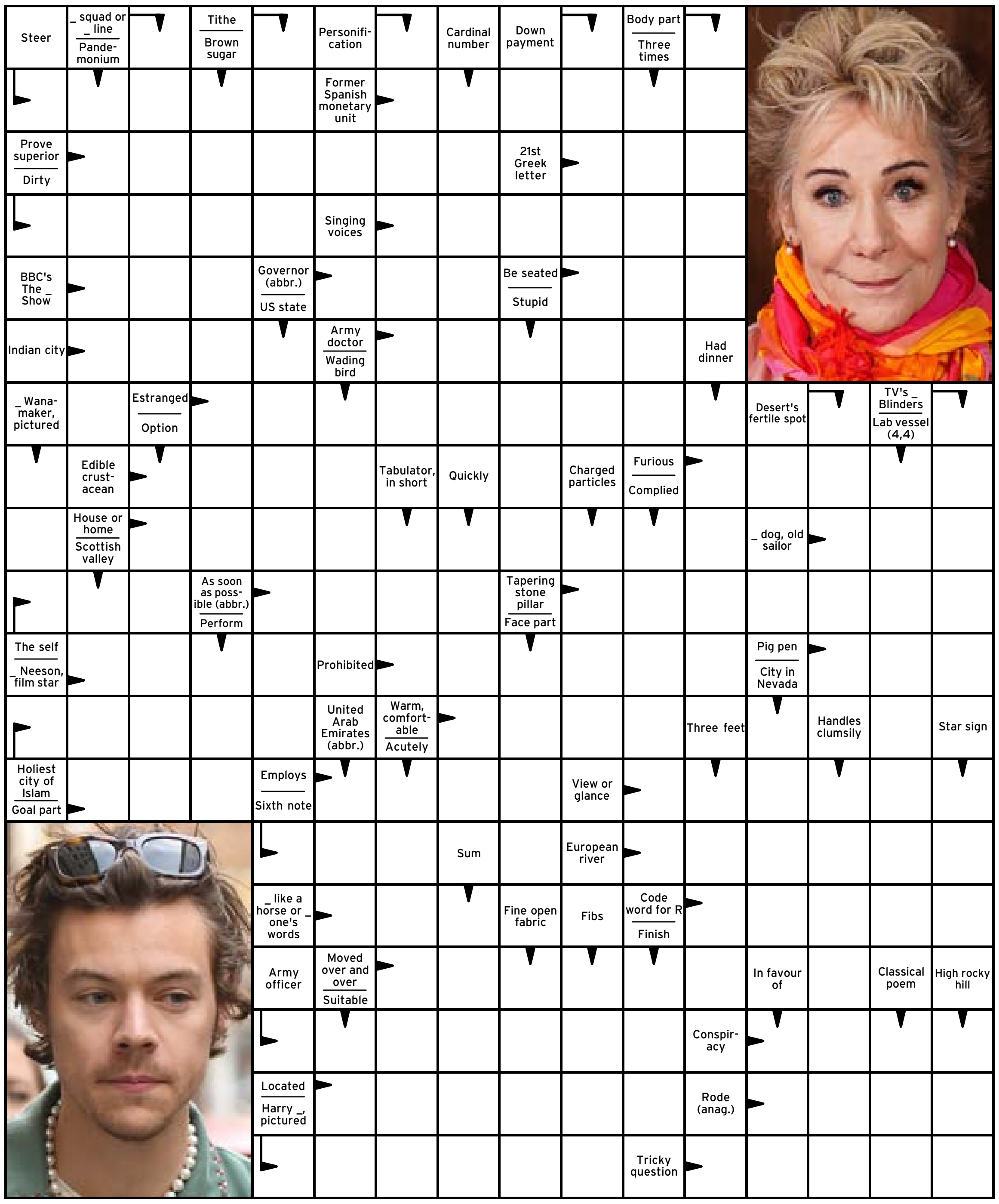


S	O	M	O	N	I		H	E	N	R	I	K	I	B	S	E	N
Y			K		N		E			E		E		R		A	
L	A	M	A	N	C	H	A		E	D	E	L	W	E	I	S	S
L			P		H		T			D		L		A		Y	
A	D	D	I	S		P	H	N	E	W	B	Y		M	A	R	K
B					A			O		A		M				A	
U			K		M			D	O	R	I	C		P	A	W	L
B	L	U	E	B	E	A	R	D		F		G		E		L	
	O		L		R			Y			D	I	P	L	O	I	D
T	R	Y	P	S	I	N			K			L		A		N	
	E		I		C		S		O	T	O	L	O	G	I	S	T
K	N	E	E		A	B	A	B	A			I		E			I
	Z				N		R		L			S					G
W	O	R	K		S	O	D	A	A	S	H		T	O	O	T	H
	S		V		A		I			E		C		X			T
R	O	Y	A	L	M	I	N	T		T	E	R	A	B	Y	T	E
	I		S		O		I			A		E		O			N
A	L	A	S	K	A	R	A	N	G	E		E	D	W	A	R	D

ARROW-WORD

Arrow-words are like crosswords, but the clues are printed inside squares on the grid. Write your answers in the blank squares in the direction indicated by the arrows.

Solution tomorrow


Steer
_ squad or _ line
Pande-monium
Tithe
Brown sugar
Personifi-cation
Cardinal number
Down payment
Body part
Three times
Former Spanish monetary unit
Prove superior
Dirty
21st Greek letter
Singing voices
BBC's The _ Show
Governor (abbr.)
US state
Be seated
Stupid
Indian city
Army doctor
Wading bird
Had dinner
_ Wana-maker, pictured
Estranged
Option
Desert's fertile spot
TV's _ Blinders
Lab vessel (4,4)
Edible crust-acean
Tabulator, in short
Quickly
Charged particles
Furious
Complied
House or home
Scottish valley
_ dog, old sailor
As soon as poss-ible (abbr.)
Perform
Tapering stone pillar
Face part
The self
_ Neeson, film star
Prohibited
Pig pen
City in Nevada
United Arab Emirates (abbr.)
Warm, comfort-able
Acutely
Three feet
Handles clumsily
Star sign
Holiest city of Islam
Goal part
Employs
Sixth note
View or glance
Sum
European river
_ like a horse or _ one's words
Fine open fabric
Fibs
Code word for R
Finish
Army officer
Moved over and over
Suitable
In favour of
Classical poem
High rocky hill
Conspir-acy
Located
Harry _, pictured
Rode (anag.)
Tricky question

WORDSEARCH

J	E	L	P	M	K	E	W	S	T	O	M	A	R	N
N	L	V	J	A	Q	A	Q	T	Y	T	L	F	V	F
G	K	Y	H	Z	Z	M	J	R	M	U	N	G	A	M
Z	U	E	B	B	A	N	D	O	E	K	H	R	E	K
O	X	L	X	M	Q	C	S	H	K	L	J	Q	G	M
N	M	I	F	I	B	T	H	M	Y	R	U	Z	J	O
A	L	A	T	R	A	G	G	A	T	K	E	N	R	R
B	E	B	U	R	T	V	T	C	E	Q	N	G	D	S
L	D	Z	S	Y	S	S	T	T	T	P	O	L	A	E
A	B	K	Z	I	O	J	O	H	D	C	S	U	Q	N
T	Y	B	W	E	R	Y	C	I	V	A	I	T	A	G
N	P	E	S	S	F	T	S	Z	P	R	N	H	Z	L
O	L	Y	O	E	U	R	V	P	J	T	N	E	M	M
M	E	P	O	H	N	A	T	S	O	E	E	R	M	X
W	K	V	L	C	X	C	A	P	G	R	T	L	S	S

TV DETECTIVES

Find all the terms listed below in the grid.

Solution tomorrow

BAILEY ● CARTER ● FROST ● HUTCH
KOJAK ● LEWIS ● LUND ● LUTHER
MAGNUM ● MONTALBANO ● MORSE
RAMOTSWE ● REGAN ● SCOTT ● STANHOPE
STARSKY ● TAGGART ● TENNISON

FRIDAY'S SOLUTIONS

THE ALPHABEATER

Black squares: 1, 2, 5, 6, 7, 9, 13, 17, 19, 24, 25, 30, 31, 40.
Across: Percussion, Hammer, Aurora, Frisson, Waves, Agile, Cased, Zippy, Croquet, Rejoin, Gifted, Presbyters. **Down:** Whiff, Azure, Pumping, Implode, Reeks, Oven, Snub, Stab, Scar, Oxide, Inroads, Equates, Marsh, Study.

THE ALPHAPUZZLE

Across: Bejewel, Idea, Onyx, Quiz, Into, Erratic, Cobblestone, Flotsam, Dial, Edge, Cuss, Opus, Kitchen.
Down: Risque, Abduct, Vow, Baize, Flask, Juror, Onset (clue), Adept, Whist, Swish, Logic, Melon, End, Expose, Cheese.

TV CROSSWORD

Across: 1 Liars, **6** Moon, **8** The Night, **10** Annie, **11** Hotel, **12** Olivia, **15** Alec, **16** Bailey, **17** Body, **19** Nuttall, **21** Tosh, **22** Split.
Down: 2 Into, **3** Stella, **4** Milo, **5** Stevenson, **6** Manager, **7** Nye, **9** Enfield, **13** Alba, **14** CSI: Miami, **17** Best, **18** Yeoh, **20** Top.

TV show: All's Fair

ARROW-WORD

Across: Gratis, Sigh, When, Maul, Joe, Plug, NASA, Orb, Roti, Cry, Earn, Rebecca, Stem, Car crash, Pro, Eats, Spine, Riot, Rat, Faring, Doh, Niece, Austen, Now, The, Chive, Keeley, SAS.
Down (left to right): Ode, App, Acute, Basement, Barrier, She, Tina, Aide, Con, Intel, Fig, Ups, Cur, Ernie, Shellac, Agency, Reassert, Goya, Thai, Denis, Rue, Togo, Ova, Ben, Must, Hawes.
Shaded letters: Lara Croft

WORDS

WASTE

MUDDLESOME

George Romney
Thomas Lawrence
Isaac Oliver

CLOCK-WISE

Tear, Army, Myna, Nave, Vera, Rate

QUIZ OF THE WEEK

1 Cluedo, **2** Fred Astaire, **3** 1970s, **4** Strategic, **5** Spain, **6** Wise man, **7** Bass guitar, **8** Green, **9** England, **10** Paloma.

DITLOIDS

1 366 Days in a Leap Year,
2 4 Weddings and a Funeral,
3 77 Sunset Strip,
4 127 Steps to the Blarney Stone,
5 6 Feet Under,
6 1 Day at a Time

TRIVIA WORDSEARCH

1 Radar Love, **2** Mute, **3** Norwich, **4** Pink Floyd, **5** Phoenix, **6** Twenty-six, **7** Steeleye Span, **8** Edward Jenner, **9** Skein, **10** Pete Best

SUMTHING

4x9=36, 5x6=30, 9+3=12

SMALL CROSSWORD

Across: 1 Stockpile, **7** Arch, **8** Sunny, **10** Foe, **11** Concur, **13** Autograph, **14** Agatha, **16** Tie, **18** Inane, **19** Euro, **20** Corkscrew.
Down: 1 Sarcastic, **2** Try out, **3** Chic, **4** Put, **5** Inflate, **6** Eyeshadow, **8** Snuggle, **9** Ant bear, **12** Sphere, **15** Alec, **17** Ink.

CROSS DOUBT

Across: UNDER
Down: CLOUD

SUDOKU EASY

3	1	6	4	9	8	5	2	7
2	4	9	6	7	5	1	8	3
7	5	8	3	2	1	9	4	6
4	2	1	8	5	6	7	3	9
9	6	7	2	1	3	4	5	8
5	8	3	7	4	9	2	6	1
6	7	5	9	3	4	8	1	2
8	9	4	1	6	2	3	7	5
1	3	2	5	8	7	6	9	4

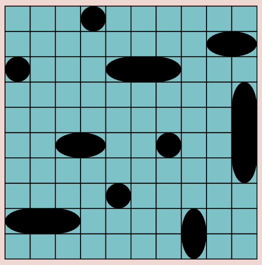
SUDOKU MEDIUM

3	4	9	1	6	5	7	8	2
6	7	2	4	8	9	1	5	3
1	5	8	3	7	2	9	4	6
7	2	3	8	1	4	5	6	9
4	8	5	9	3	6	2	7	1
9	1	6	2	5	7	4	3	8
5	9	7	6	2	8	3	1	4
2	6	1	5	4	3	8	9	7
8	3	4	7	9	1	6	2	5

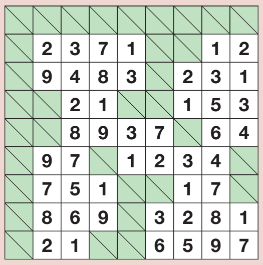
SUDOKU DIFFICULT

3	6	1	2	5	4	9	8	7
4	5	8	7	1	9	6	2	3
9	7	2	3	8	6	4	1	5
1	9	7	4	2	3	5	6	8
8	3	6	9	7	5	1	4	2
2	4	5	8	6	1	3	7	9
7	1	9	6	3	2	8	5	4
6	8	4	5	9	7	2	3	1
5	2	3	1	4	8	7	9	6

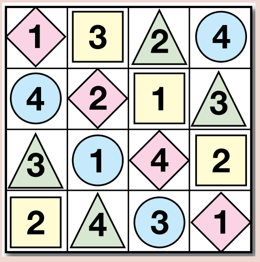
BATTLESHIPS



KAKURO


2 3 7 1 1 2
9 4 8 3 2 3 1
2 1 1 5 3
8 9 3 7 6 4
9 7 1 2 3 4
7 5 1 1 7
8 6 9 3 2 8 1
2 1 6 5 9 7

KEIJO


1 3 2 4
4 2 1 3
3 1 4 2
2 4 3 1

QUICK CROSSWORD

Across: 1 View, **8** Excellence, **9** Back-door, **10** Eddy, **12** Midget, **14** Chance, **15** Manner, **17** Return, **18** Bear, **19** Separate, **21** Systematic, **22** Heed.
Down: 2 Invalidate, **3** Weak, **4** Accost, **5** Cleric, **6** Relevant, **7** Very, **11** Decorative, **13** Generate, **16** Resume, **17** Repute, **18** Base, **20** Rich.

TARGET

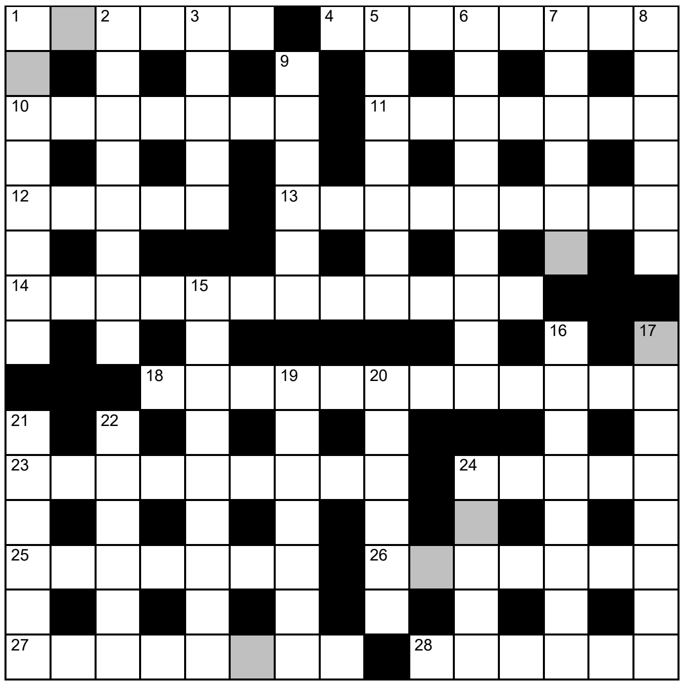
DELEGATED
addle, aged, dale, date, dated, dead, deal, dealt, deed, dele, deled, delegate, DELEGATED, delete, deleted, delta, edge, edged, elated, gated, geed, geld, gelded, glad, glade, lade, laded, lead, leaded, ledge, teed

Puzzles

CRUSADER PRIZE CROSSWORD

ACROSS
1 Useful, pursuing second drink (6)
4 Crows got journalist killed (8)
10 Excellent time to get down (7)
11 Feline wearing new coat gets a piece (7)
12 Artist and professor in their element (5)
13 Careless, leaving night attire on book (9)
14 Overall, stick to officers (7,5)
18 Where arms may be secretly held in reserve? (2,4,6)
23 Fan to drink ale (9)
24 Wash the graduate first (5)
25 Frank takes tune outside (4-3)
26 Ease dad out of a lake (4,3)
27 Preliminary set played in wind (8)
28 Man joins church attitude (6)

DOWN
1 Say nothing after policeman gives a piece of his mind (8)
2 Sailor and German worker are rich (8)
3 Depicted as having a strained appearance (5)
5 At university, drunk and tense (7)
6 Month redirecting fuel – it is dishonest (9)
7 The aim of literature? (6)
8 Lack of newly-woven thread (6)
9 Sense names have been included for vegetable (6)
15 Scoundrel concerning proof of will (9)
16 Plane is not back around dump (8)
17 Deputy has appointment around European member (8)
19 A turn performed by a student is unaffected (7)
20 Way to travel shows pace (6)
21 Move a horse on to dry land (6)
22 You're broke if you're on these shoe parts (6)
24 Eruption is a bit of fun (5)



WIN £100 CASH

FOR YOUR CHANCE TO WIN
Read down the letters in the highlighted squares to reveal the mystery word.

TO ENTER: Call **0904 161 3700** (calls cost £1.50 plus your telephone company's network access charge) and leave your answer and details, or text **DXCRUS** followed by a space, your answer, name and address details to **88833** (texts cost £1.50 plus your standard network rate). Lines close at midnight Saturday. Or send your grid containing the answer in the shaded squares by posting it to: Crusader Crossword, January 12, PO Box 8694, Derby DE1 9TW. Entries must be postmarked by January 13 at the latest. For any postal enquiries, call helpline number. SP: Spoke – 0333 202 3390.
An extra day is given for postal entries during bank holidays.

● ***One weekly winner will be the first random correct entry drawn from all entry routes after the closing date of midnight Saturday. Competition runs Sunday to Saturday. The Editor's decision is final.***

NEED HELP? Call **0904 161 1609** for 5 extra clues! Calls cost £1.50 plus your telephone company's network access charge.

NAME

ADDRESS

POSTCODE

LAST THURSDAY'S SOLUTION

ACROSS: 1 Bilateral, 6 Spas, 10 Cedar, 11 Marco Polo, 12 Steward, 13 Laid off, 14 African violet, 17 Country doctor, 21 Holster, 22 Without, 24 Cleanlier, 25 Attic, 26 Site, 27 Identical.
DOWN: 1 Backseat, 2 Lodge, 3 Turf accountant, 4 Ramadan, 5 Lorelei, 7 Photostat, 8 Scoffs, 9 Social contract, 15 Recollect, 16 Critical, 18 Termini, 19 Yew tree, 20 Chicks, 23 Optic.
Prizeword: Scotland

TARGET

T	U	T
I	O	E
F	R	T

● *The Target uses words in the main body of Chambers 21st Century Dictionary (1999 edition)*

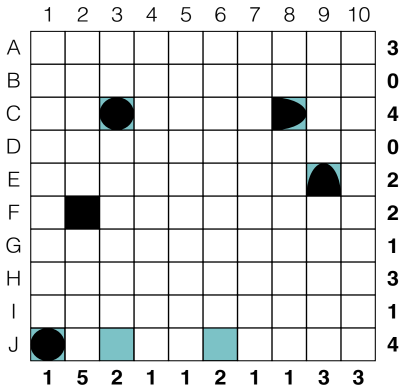
HOW many words of four letters or more can you make from the letters shown here?
In making a word, each letter may be used once only. Each must contain the centre letter and there must be at least one nine-letter word. No plurals. Verb forms ending in S permitted.

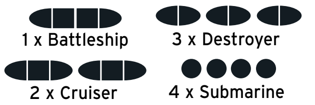
TODAY'S TARGET
Good 16**; very good** 24**; excellent** 31 **(or more). Solution tomorrow**

Call **0907 181 2585**
for today's Target solution
**Calls cost 80p per minute plus your telephone company's network access charge.*

BATTLESHIPS

FIND where the fleet of ships shown is hidden in the grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.
Solution tomorrow




1 x Battleship
3 x Destroyer
2 x Cruiser
4 x Submarine

THE ALPHABEATER

TARGET TIME: 38 minutes

CAN you crack the Alphabeater? Each grid number represents a letter – or black square. As in Alphapuzzle, every letter of the alphabet is used. But you have to complete the grid too! Use the given letters and black squares below the grid to start. The grid is 'rotationally symmetrical' – in other words, it looks the same if you turn the page upside down.
Solution tomorrow

Extra letter clues
0907 181 2560
(Deduct three minutes for each extra clue letter heard)
Full solution
0907 181 2558
**Calls cost 80p per minute plus your telephone company's network access charge.*

A ~~B~~ C D E ~~F~~ G H I J K L M N O P Q R S T U V W X ~~Y~~ Z

18	27	19	29	3	22	39	21	26	6	28	25	9
39	6	35	23	21	15	15	39	4	23	13	8	26
11	37	1	31	27	16	34	14	26	24	5	7	17
5	23	31	10	32	5	8	6	1	15	34	3	16
16	3	39	25	3	31	6	5	32	26	31	39	6
20	37	36	40	2	7	27	40	13	25	10	13	5
5	2	7	35	38	32	23	29	26	11	5	27	16
33	19	6	15	8	8	20	9	34	2	12	20	4
14	32	5	36	23	16	24	5	13	37	23	40	10
6	2	27	40	4	26	1	18	10	5	5	30	5
7	32	39	38	5	29	37	29	15	39	19	25	22
26	13	2	39	20	31	34	8	16	32	26	22	38
38	19	5	33	14	7	32	38	4	17	1	40	28

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
			■									■							
21	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**	**36**	**37**	**38**	**39**	**40**
	F						Y							B					

● Alternatively, for six Extra Letter clues to your mobile, text **DXBEAT to 64343.** Texts cost £1 plus standard network rate.

WORD BUILDER

Solution tomorrow

Answer the clues so that each word contains the same letters as the previous word, plus or minus one.

1 ☐☐☐
2 ☐☐☐☐
3 ☐☐☐☐☐
4 ☐☐☐☐☐☐
5 ☐☐☐☐☐
6 ☐☐☐☐
7 ☐☐☐

1 Decompose
2 Ripped
3 Cache of valuables
4 Whirlpool
5 Plain
6 Turn down
7 Animal doctor

THE ALPHAPUZZLE®

Alphapuzzle® tests logic and word power. Each grid number stands for a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. **Solution tomorrow**
DIFFICULTY: 8/10; **TARGET:** 26 mins; **CLUE:** Send clothing back for a boast.

A B C ~~D~~ E F G H I J ~~K~~ L M N O P Q R S T U V W X Y Z

11	20	24	2	■	11	21	6	25	18	25	3	5
21	■	18	■	5	■	22	■	4	■	1	■	14
1	25	19	1	23	21	4	■	24	21	5	8	2
5	■	25	■	18	■	21	■	18	■	9	■	20
7	8	3	14	9	■	7	14	3	1	21	24	■
21	■	■	■	18	■	18	■	■	■	4	■	11
17	20	19	18	3	20	■	24	21	4	22	11	18
23	b	20	■	■	■	10	■	4	■	■	■	20
■	21	4	24	21	22	14	■	16	25	11	18	1
12	■	5	■	4	■	24	■	18	■	20	■	15
18	13	21	11	18	■	21	4	17	21	5	14	3
21	■	14	■	1	■	20	■	7	■	18	■	14
11	25	4	20	7	21	17	5	■	26	3	20	22

1	2	3	4	5	6	7	8	9	10	11	12	13
14	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**
									K	D		

EXTRA LETTER CLUES: 0907 181 2568*
Hear up to six Extra Letters, deduct two minutes for each clue letter heard.
FULL SOLUTION: **0907 181 2565***
ACROSS ONLY: **0907 181 2561*** / DOWN ONLY: **0907 181 2562***
**Calls cost 80p per minute plus your telephone company's network access charge.*

Alternatively, for six extra letter clues direct to your mobile, text **DXALPHA** *to* **64343.** *Texts cost £1 plus standard network rate.*

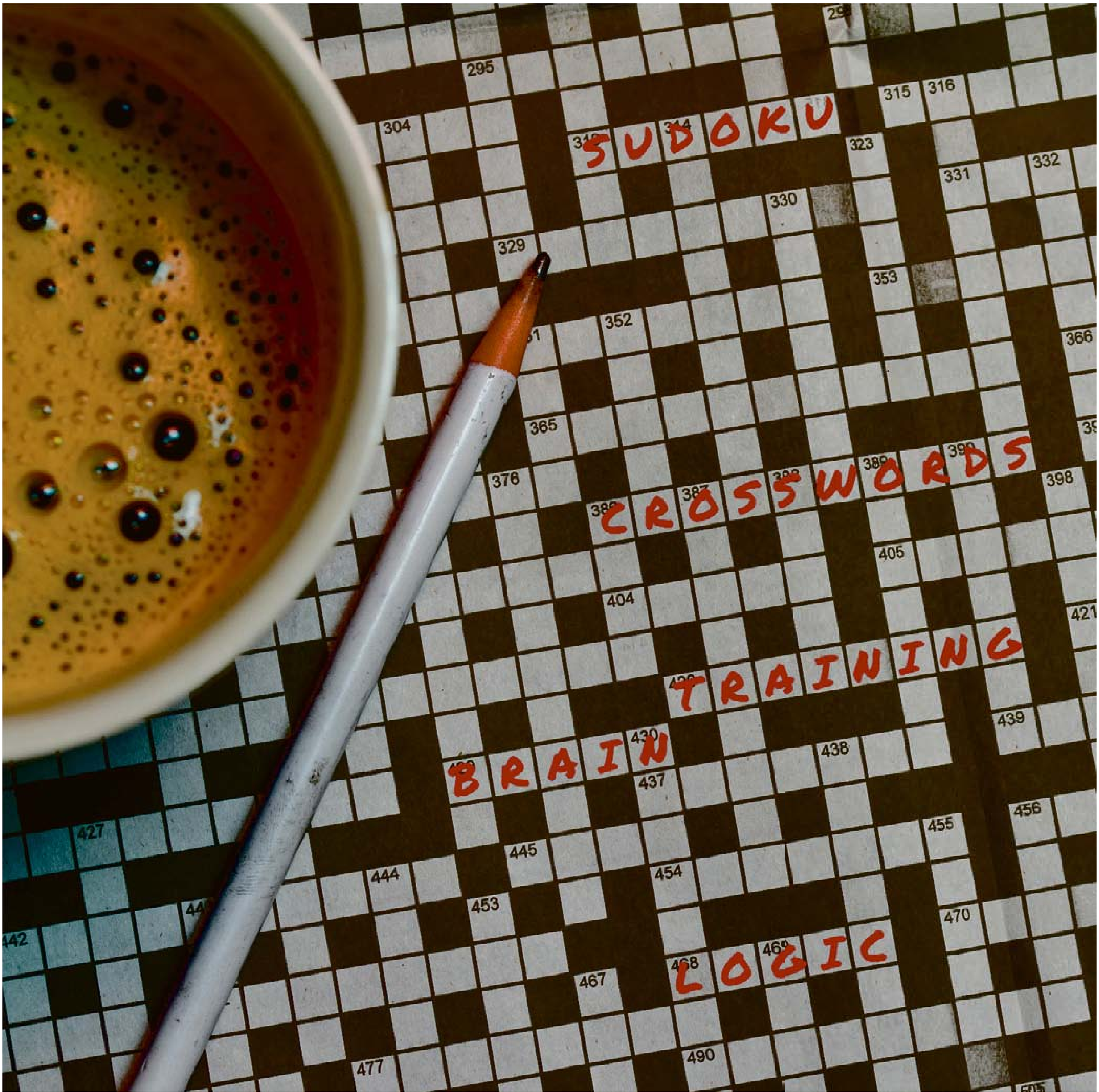
Alphapuzzle® ©2025 Acorn Editorial Ltd. All words appear in Chambers Dictionary.

THE DAILY EXPRESS 30-SECOND CHALLENGE

TODAY'S ANSWERS: BEGINNER = 47; INTERMEDIATE = 53; ADVANCED = 15.

PLAY MORE CROSSWORDS AND GAMES AT EXPRESS.CO.UK/PUZZLES

SP: Spoke – ***Helpline 0333 202 3390***


SUDOKU
CROSSWORDS
TRAINING
BRAIN
LOGIC

PUZZLES SPECIAL

8 PAGES OF TANTALISING TEASERS!

PUZZLES

WORDSEARCH

Can you find all the listed iems in the grid? Words may read forwards or backwards, horizontally, vertically or diagonally.

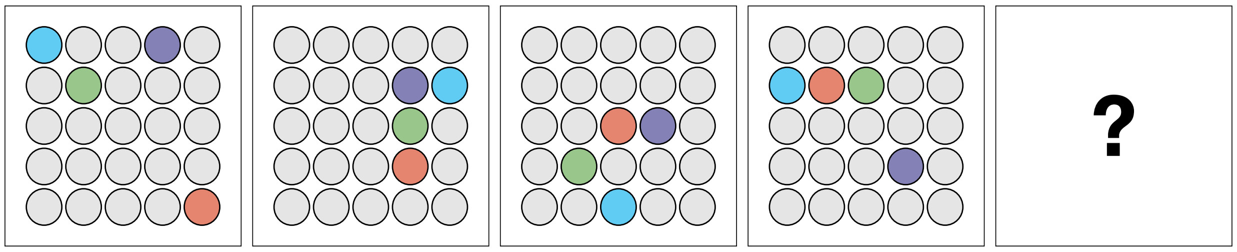
SNOOKER PLAYERS

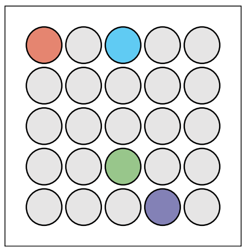
D W I L L I A M S T M J P H N D M A P
A Z F K X M Z P Z Z Z H Y E H H G M V
W X B D H I G G I N S S L T E I U X U
W B T S G I J P E E F L D T S R V R A
F H H S P E N C E R A J B N T I H W N
R P J E Y R O B E R T S O N W Q A A M
J Z W B N R V V Z W M D E M O Z V A D
W W L H E D X E T A O A D X R I H L O
B E C T I D R H A Y U V N J L G R U H
S M N M B T J Y Y D L I Z L N C E C E
R U A Y R U E U L H C S U I Y M A J R
H F X G N I X M O U A S B R H K R J T
Z M R T U E I O R Y O O T T D L D T Y
N K X W T I T Y V P A R R O T T O G T
L C A R T E R K I I U F M R Q D N P H
S L P R P F D E R A G S M U R P H Y O
O E N C C E M P G Z E B D O N V O D R
F E H W Q T W Y O L Q R X M I J C U N
B R D K D H A W K I N S W W Z R G X E

ALLEN
BINGHAM
CARTER
DAVIS
DOHERTY
DOTT
EBDON
HAWKINS
HENDRY
HIGGINS
HUNTER
LEE
MAGUIRE
MURPHY
O'SULLIVAN
PARROTT
REARDON
ROBERTSON
SELBY
SPENCER
TAYLOR
THORNE
TRUMP
VIRGO
WHITE
WILLIAMS

PATTERN MAKER

Which one of the numbered squares on the bottom row should replace the question mark to follow the logical pattern in this sequence?



1


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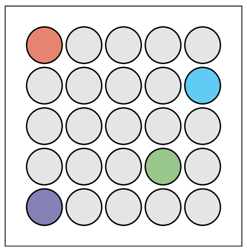

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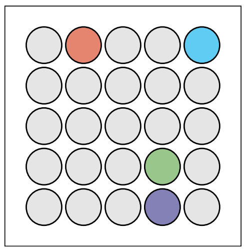

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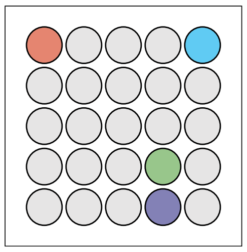
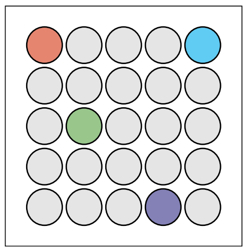


5


CODEWORD

This puzzle has no clues. Instead, every number printed in the grid represents a letter. Use your knowledge of words to solve the puzzle. Two letters are given to start you off.

18	24	26	14	■	21	15	26	2	1	1	14	24
24	■	6	■	■	23	■	■	18	■	14	■	22
26	■	22	6	25	2	14	9	17	■	18	■	16
5	12	10	■	■	■	25	■	■	9	22	25	2
20	■	24	■	19	26	18	23	■	■	24	■	14
■	16	14	1	12	■	7	■	20	12	24	22	1
■	■	■	■	4	■	22	■	22	■	■	■	■
10	22	21	14	21	■	6	■	2	6	18 C	7 H	■
14	■	7	■	■	22	4	14	19	■	22	■	7
24	22	2	19	■	■	14	■	■	■	26	21	14
2	■	3	■	11	26	19	4	2	6	4	■	22
14	■	14	■	22	■	■	12	■	■	7	■	3
13	2	1	14	8	12	12	19	■	21	9	22	17

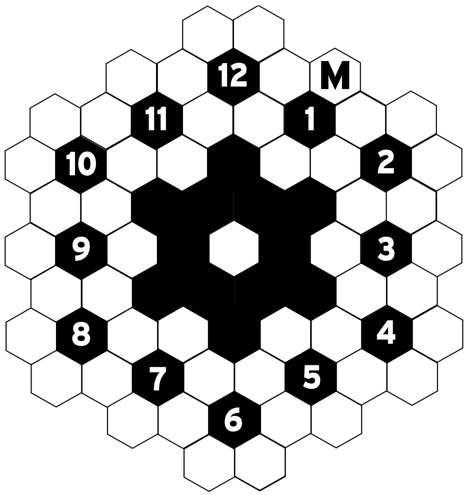
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7 H	8	9	10	11	12	13
14	15	16	17	18 C	19	20	21	22	23	24	25	26

HONEYCOMB

All the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

1	Wringer
2	Behind
3	Make loved
4	Brought out
5	Refuted
6	One of two
7	Uncover
8	Puzzle
9	Plaster
10	Scanty
11	Harsh
12	Team



BATTLESHIPS

In Battleships, you have to find where the fleet of ships shown are hidden in the ten by ten grid. The numbers to the right of and below the grid indicate how many of the squares in that row are filled in with ships or parts of ships. The ships do not touch each other, even diagonally. Some squares have been filled in to start you off.

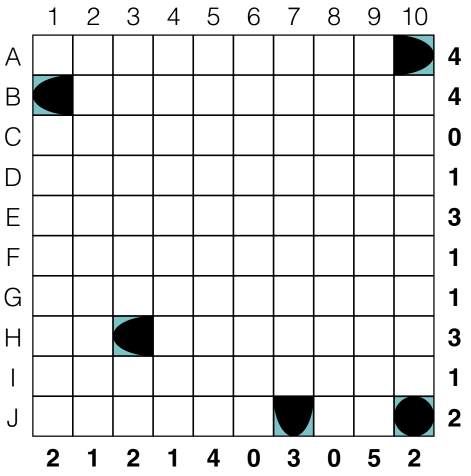
THE FLEET

1 x Battleship

2 x Cruiser

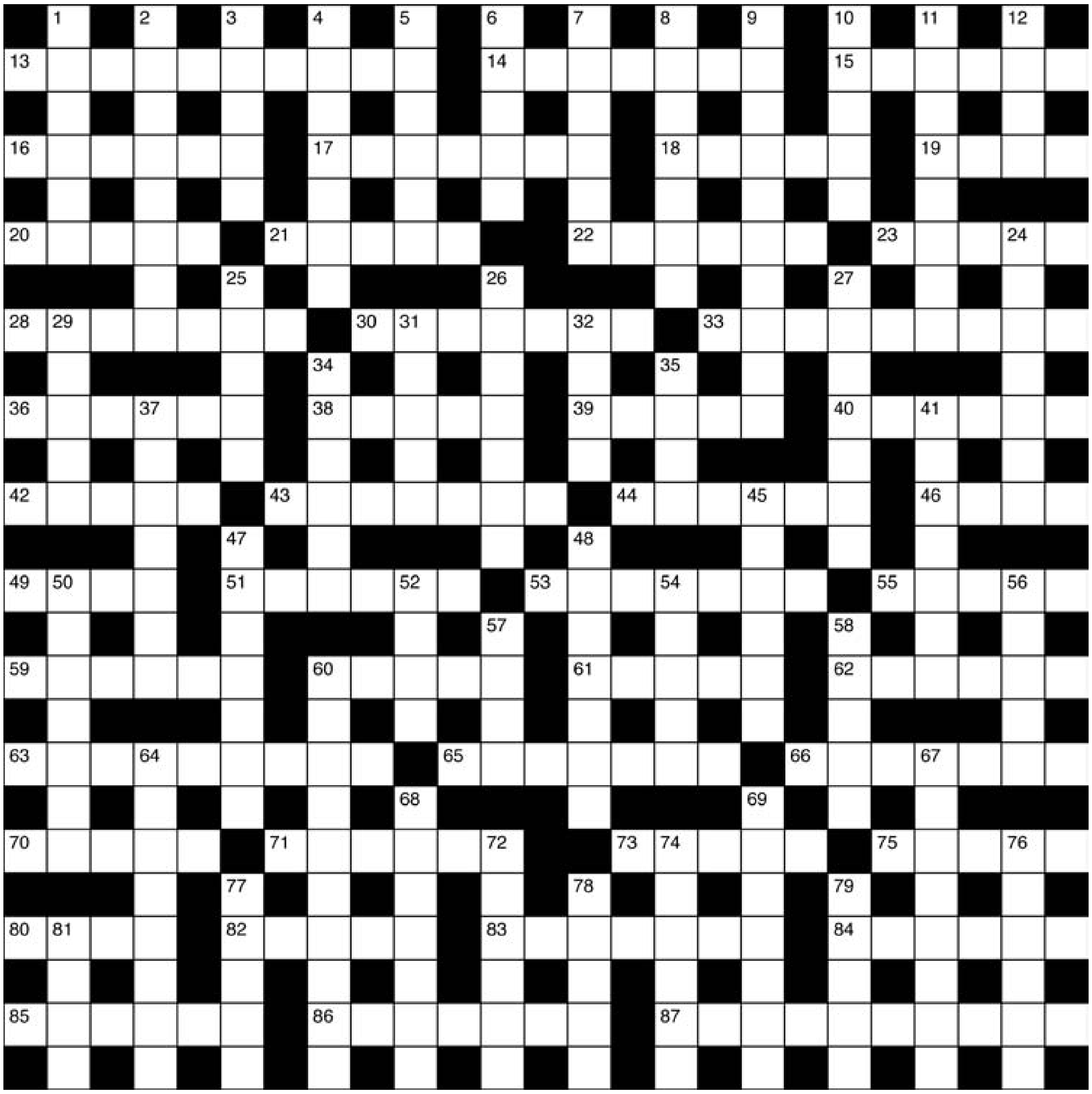
3 x Destroyer

4 x Submarine



GIANT TWO-SPEED CROSSWORD

Choose between straight and cryptic clues in this giant crossword – both sets lead to the same answers.



STRAIGHT

ACROSS

13 All right (4,6)
14 Vegetable (7)
15 Complained (6)
16 Portion of land (6)
17 Waiting (7)
18 Is apt (5)
19 Cavity (4)
20 Retains (5)
21 Laid off (5)
22 Rushed (6)
23 Contest (5)
28 Bet (7)
30 Views (7)
33 Very funny (9)
36 Outlaw (6)
38 Frightening (5)
39 Allowance (5)
40 Substance (6)
42 Tired (5)
43 Shock (7)
44 Determine (6)
46 Dynasty (4)
49 Big game (4)
51 Vetoed (6)
53 Grasped (7)
55 Steal (5)
59 Rise (6)
60 Language (5)
61 Fatigued (5)
62 Puzzle (6)
63 Game (9)
65 Wave (7)
66 Reason (7)
70 Hard (5)
71 Come out (6)
73 Fur (5)
75 Searches (5)
80 So (4)
82 Miserly (5)
83 Bird (7)
84 Figure (6)
85 Job (6)
86 Garment (7)
87 Surprised reaction (6,4)

DOWN

1 Direct (6)
2 Foolish (8)
3 Fish (5)
4 Job (7)
5 Fill up (6)
6 Country (5)
7 Chum (6)
8 Coming (2,5)
9 Well known (4,6)
10 New (5)
11 Drink (8)
12 Fit (4)
24 Tank (7)
25 Bed (5)
26 Fruit (7)
27 Run (7)
29 Bequeath (5)
31 Be (5)
32 Lodgings (4)
34 Priest (6)
35 Walk (4)
37 Drive mad (7)
41 Agreed (7)
45 Smart (6)
47 Lessening (7)
48 Tool (7)
50 Jiffy (7)
52 Female name (4)
54 Bag (5)
56 Rooms (5)
57 Tea (4)
58 Sect (5)
60 Bird (4,6)
64 Look after (8)
67 Characteristic (8)
68 Hated (7)
69 Big meal (7)
72 Italian (6)
74 Refer (6)
76 Recesses (6)
77 Keep (5)
78 Quip (5)
79 Distributed (5)
81 Learn (4)

CRYPTIC

ACROSS

13 All right. Not too cloudy (4,6)
14 In the garden, a very gentle rain's seeping into (7)
15 Annoyed about the note, complained (6)
16 Land in the postal sorting office? (6)
17 Waiting for overhaul (7)
18 Is inclined to stop in a back street (5)
19 All there, you say, for the opening (4)
20 Doesn't throw out if it doesn't go off (5)
21 Laid off the man I brought in (5)
22 Possibly dead right in having moved quickly (6)
23 A perfect partner for the game (5)
28 Bet the fellow left, you say (7)
30 Looks for compliments (7)
33 Value decreased? That's very funny (9)
36 And there's a piece about an outlaw (6)
38 To member of the team, it's frightening (5)
39 General allowance (5)
40 Having less polish, in substance (6)
42 Tired by the end of the show, taking a year off (5)
43 Mum, shaken, treat for shock (7)
44 Determine to get a seat (6)
46 A job in "Dynasty" (4)
49 Left one to get on with the game (4)
51 Didn't allow the minstrel to be heard (6)
53 Grasped it had been very interesting (7)
55 Squeeze as you lift (5)
59 Because money goes with the rise (6)
60 The language, when you don't pay your debts! (5)
61 Needing a rest, it went back to the shade (5)
62 How to separate the wheat from the chaff is the puzzle (6)
63 I'm not to perform with the band playing at the game (9)
65 This wave is a smasher! (7)
66 Why there's a penny and nothing more in the bag (7)
70 Hard on the small boy (5)
71 Come out to get something to eat (6)
73 Fur auction the British go in for (5)
75 Searches to find the crests (5)
80 So though disheartened is going to America (4)
82 For the miserly with money, very fitting (5)
83 Eat like a bird (7)
84 Time the players (6)
85 For the job of minder, having a key to enter (6)
86 On the whole, not something to wear when dressing up (7)
87 Surprised reaction when you have a second helping? (6,4)

DOWN

1 The fellow, given time, will become boss (6)
2 A nutcase taking drug after drug (8)
3 Swimming angel fish (5)
4 Job hunting (7)
5 Rush to fill up (6)
6 In a whirl about seeing a foreign country (5)
7 And dropping Ferdinand off is a buddy (6)
8 Coming to set the siren off outside (2,5)
9 General knowledge (4,6)
10 Cheeky, but not with the old (5)
11 A drink at "The Full Moon"? (8)
12 You and I will fit (4)
24 To trap rain, the nicest possible tank (7)
25 Getting some slumber, then, in bed (5)
26 Go through the various names of fruit (7)
27 Run to get a policeman in to scare off (7)
29 Will, if you make yourself scarce (5)
31 Be late at first (5)
32 Really likes the accommodation (4)
34 Much is written about the priest (6)
35 Parking beside one, walk (4)
37 Digging up the garden at one point, make you mad (7)
41 Had drawn everybody into, agreed (7)
45 Score a goal in, being smart (6)
47 Weakening, and putting the box in a bag (7)
48 The tool, a rake, the fellow returned (7)
50 The flash isn't bothering the little creature (7)
52 She appears at the end of the pantomime (4)
54 To get a penny, sure to take out the bag (5)
56 In which the brain keeps all one's thoughts imprisoned (5)
57 Fish in an urn? (4)
58 A family doctor has come about our disorder (5)
60 A carved bird? (4,6)
64 Tend to have a little rest break after (8)
67 A characteristic of real estate (8)
68 Couldn't stand the awful heat inside: old and doddery (7)
69 Short circuit just as you're having a big meal? (7)
72 Italian and French you study (6)
74 Speak of as "on the whole due for demolition" (6)
76 Gives up the habit of having recesses? (6)
77 Keep the set or break it up (5)
78 Set out to make a wisecrack (5)
79 Had to do with, a lot of the time (5)
81 Said "Now, listen!" (4)

PUZZLES

SUDOKU

Fill the grid so that every column, row and 3x3 square includes all the digits from 1 to 9

EASY

		5	1	3			2	
			8			4	3	6
9		8		4			5	
8	6		2		4			
4		3				8		2
			9		3		6	4
	9			2		6		7
1	8	6			5			
	2			6	1	5		

HARD

		1		3			2	
			2		4			6
6				7				
	8		5				7	
9		4				6		2
	3				2		4	
				1				8
1			7		6			
	5			2		7		

DOUBLE JIGWORD

Arrange these crossword fragments to create two completed symmetrical crosswords.

■	B	■
F	A	R
■	P	■

E	■	I
L	■	D
Y	■	E

R	■	C
T	A	R
H	■	Y

■	E	■
O	V	A
■	E	■

Z	■	L
I	C	I
P	■	V

■	D	■
H	O	A
■	L	■

■	U	■
I	N	E
■	D	■

■	D	■
M	E	D
■	C	■

F	L	O
■	S	■
■	■	E

■	D	■
N	A	L
■	C	■

G	H	T
■	S	■
S	H	Y

A	■	■
■	A	■
E	M	S

E	■	L
X	■	A
T	■	N

■	F	I
E	■	D
A	L	■

R	I	D
E	■	S
M	B	L

■	S	■
N	E	C
■	D	■

■	E	■
A	N	K
■	D	■

F	R	Y
■	E	■
F	A	T

ARROW WORD

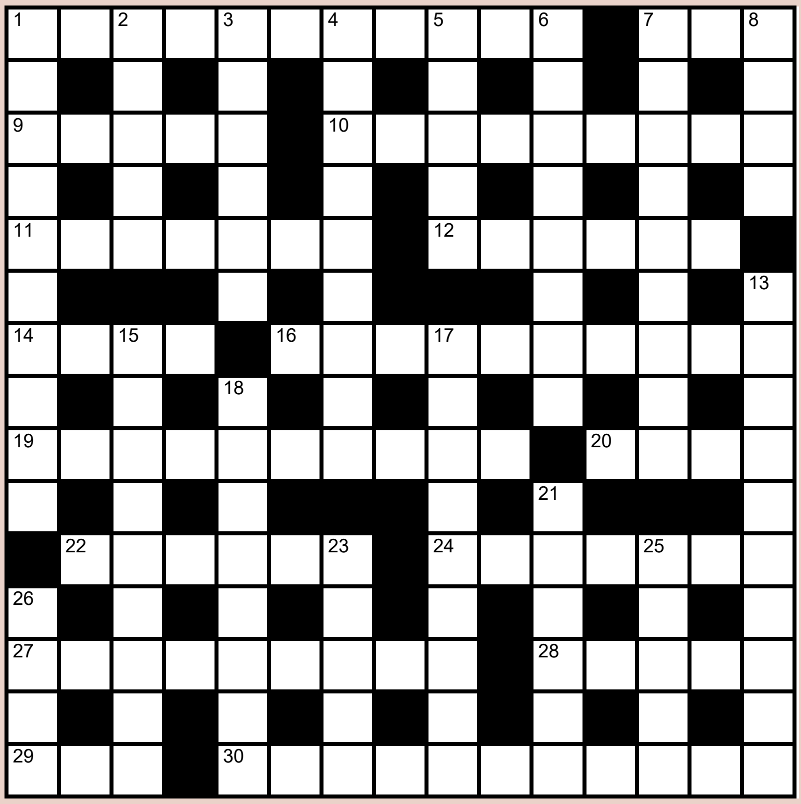
The arrows show the direction in which the answer to each clue should be placed.

Celestial body Reliably	▼	Lower leg	▼	Mines Stippled	▼	Use a keypad	▼	Relatives	▼	Garden party	▼	Vicious	▼	Sodium chloride	▼	Second-hand	▼
▶				▼				Gelati (3,6) Crosser	▶								
Artisans		Auction item Pledge	▶			Wok Beaker	▶	▼		Gets going		Fib		Talon		Merited	
▶		▼				▼			Chosen	▶ ▼		▼		▼		▼	
Non-driver	Rock of _, stage musical		Team		Current affairs		Obtain Besides	▶			Sickly Used to be	▶			3D puzzle, Rubik's _		Can be boiled or fried
▶	▼		▼		▼		▼		Wonder	▶	▼		Land unit Darn	▶	▼		▼
Steer Drove	▶					Fuel unit	▶					Swayed	▶ ▼				
▶				Prudent	▶				Forest plant	▶				Plead	▶		
Appears	▶					Wipe away	▶					Nettles, etc	▶				

PUZZLES

GENERAL KNOWLEDGE CROSSWORD

Test your grasp of the facts with this general knowledge challenge.



ACROSS

1 Capital of Trinidad and Tobago (4,2,5)
7 Brother of George Gershwin who collaborated with him on Porgy and Bess (3)
9 David ___, prime minister of New Zealand, 1984-1989 (5)
10 Score of three under par for a hole in golf (9)
11 Caspar ___, 16th-century German composer and theologian whose works include There is a Snow Fallen (7)
12 ___ Square, site of London's Royal Court Theatre (6)
14 The imperial dynasty of China from 618-907 AD (4)
16 2000 stop-motion animated comedy film (7,3)
19 Miss Trent in Dickens's The Old Curiosity Shop (6,4)
20 The ___, 2002 novel by China Miéville (4)
22 Louise ___, 1948-1950 Wimbledon singles tennis champion (6)
24 In surveying, the horizontal angle of a bearing clockwise from a standard direction (7)
27 The ___, second volume of The Lord Of The Rings by J.R.R. Tolkien (3,6)
28 Katherine ___, actress who starred as Dr Izzie Stevens in Grey's Anatomy (5)
29 Internationally recognized distress signal used by ships and aircraft (init.) (3)
30 Dense greyish layer cloud at an intermediate height of 6,500-20,000 feet (11)

DOWN

1 1959 romcom starring Rock Hudson and Doris Day (6,4)
2 The ___, 1997 novel by Danielle Steel (5)
3 2009 novel by David Nicholls (3,3)
4 Sea creature with a global body in a spiny covering (3,6)
5 Mahmoud ___, president of the Palestinian National Authority since 2005 (5)
6 Element that forms 78 per cent by volume of the air (8)
7 Author of 1945 novel The Bridge On The Drina; 1961 winner of the Nobel Prize in Literature (3,6)
8 Lhasa ___, small, long-haired dog (4)
13 The ___, 1955 novel by Leon Uris (5,5)
15 1946 film thriller starring Cary Grant and Ingrid Bergman (9)
17 Caves in (9)
18 Disease in which pressure within the eyeball damages the optic nerve (8)
21 Eddie ___, American singer married to Debbie Reynolds and Elizabeth Taylor among others (6)
23 Carl ___, rugby union prop whose 1998 All Blacks debut was against England (5)
25 An Eastern church that keeps its own liturgy but submits to papal authority (5)
26 ___ Redding, US soul singer (4)

QUOTE DOWN

Drop the letters in each column to reconstruct a quote by Harriet Jacobs. Words may be split across two lines.

							A		D			E					A		
I	C	A	M	B			M	E	E		H	H	E	A	I	N	E	E	G
L	E	E	R	E	A	A	T	H	I		H	L	E	N	L	O	I	N	L
R	H	E	S	E	E	P	T	N	S	F	U	R	M	S	N	R	S	O	U
T	N	I	S	S	S	U	U	T	T	O	W	U	R	V	P	V	V	T	U

			■										■						
■					;	■				■					■				
		■								■				■					
					,	■				■						■			
	■			■				■			■							■	■

LOGIC

Can you work out the students' viewing schedule?

Five students – Sally, Sam, Sarah, Sean and Sophie, shared a house and continually argued about what to watch on their single television set each night.

Each morning, to resolve their disagreements, they tried to pick out one favourite programme each to watch later that night.

On one particular day, they found to their surprise that they could each watch their chosen programme uninterrupted at the time it was originally broadcast. Not only that, but each chosen programme was showing on a different TV channel.

That evening, each student sat down happily to watch their favourite programme. Sarah wanted to watch the documentary on BBC2, which was on half an hour before Sam's choice.

The soap on ITV1 was showing after Sophie's favourite show and Sally wanted to watch the film, which immediately followed the reality show screened by Channel 5.

Sarah knew the quiz started at 7:00pm, but mistakenly switched over to Channel 4 to find the News just starting, before she realised her mistake. Sally arrived home on time at 8:15pm after her evening seminar.

Can you work out the students' viewing schedule for the evening?

	BBC1	BBC2	ITV1	Channel 4	Channel 5	Documentary	Film	Quiz	Reality show	Soap	Sally	Sam	Sarah	Sean	Sophie
7:00pm															
7:30pm															
8:30pm															
9:00pm															
10:00pm															

	BBC1	BBC2	ITV1	Channel 4	Channel 5	Documentary	Film	Quiz	Reality show	Soap
Sally										
Sam										
Sarah										
Sean										
Sophie										

	BBC1	BBC2	ITV1	Channel 4	Channel 5
Documentary					
Film					
Quiz					
Reality show					
Soap					

BRAIN TRAINING

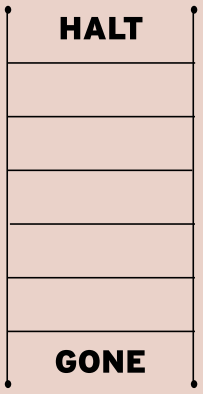
" I've got the brain of a four year old. I bet he was glad to get rid of it! " -Groucho Marx

Give your brain a proper workout with this fine selection of mini puzzles, designed to stimulate those little grey cells in five key areas – Words, Visualisation, Numbers, Memory and Logic.

WORDS

WORD LADDER

Change just one letter to go from the top word to the bottom word in the ladder. There may be more than one solution.



ANAGRAMS

Unscramble each of the phrases below to reveal the names of five ball games.

IN NETS

LOB ALOFT

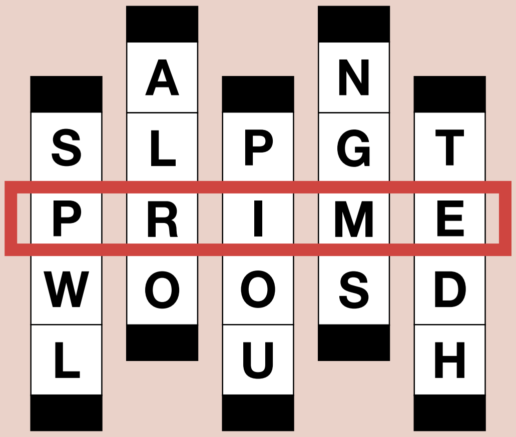
DO RERUNS

RACE LOSS

LEAP OR TWO

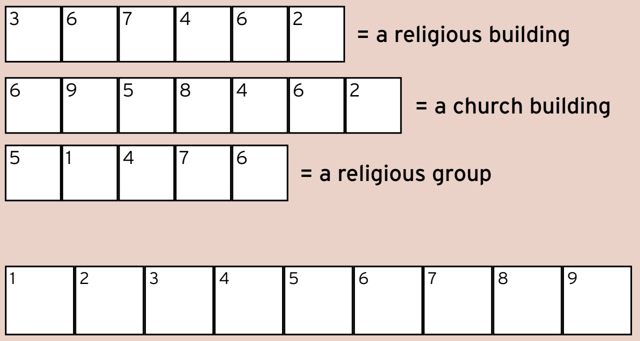
WORD SLIDE

How many regular English words can be spelled out using all the sliders? One word is spelled already. Target score: 18



NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.



3 6 7 4 6 2 = a religious building

6 9 5 8 4 6 2 = a church building

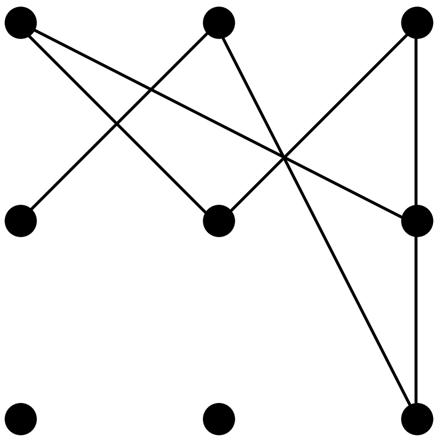
5 1 4 7 6 = a religious group

1 2 3 4 5 6 7 8 9

VISUALISATION

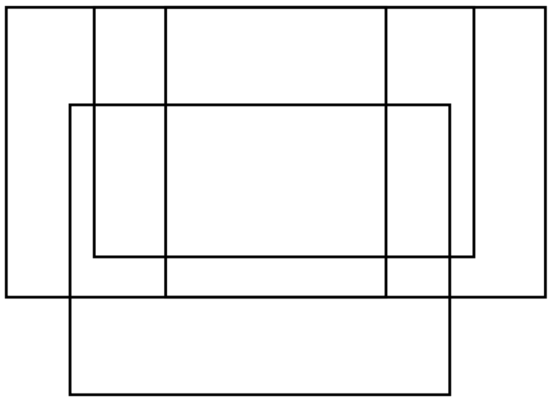
TRIANGLE

Draw **3** straight lines to make **13** triangles. Lines must be drawn from dot to dot, either passing through one dot or none at all. Triangles must not contain lines running through them, and every line segment must form part of a triangle.



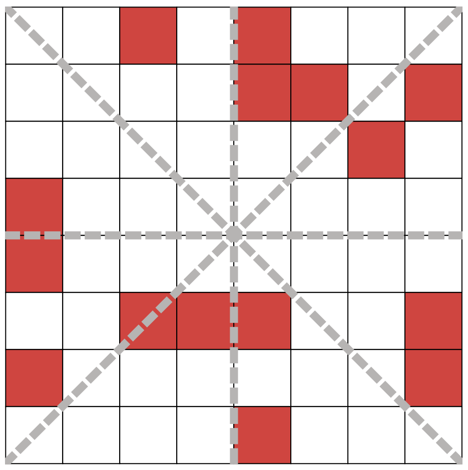
SHAPES

How many rectangles are there in the illustration below?



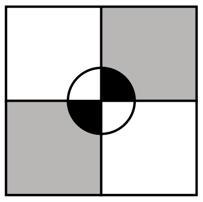
SYMMETRY

Shade in eight of the blank squares so that the pattern shows reflectional symmetry along one of the four axes shown.

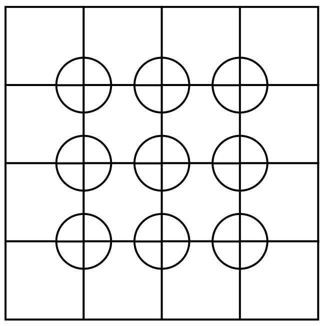


SEKI

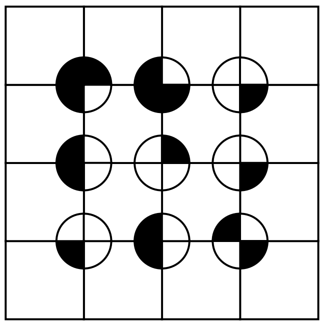
Using the blank grid, rotate some of the circles shown in the start grid and then shade in the corresponding squares (as shown right), so that shaded squares contain only black quarter-circles.



BLANK GRID

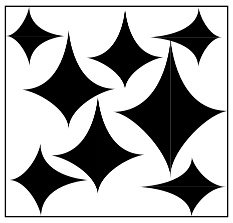


START GRID

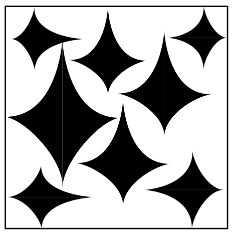


MIRROR IMAGE

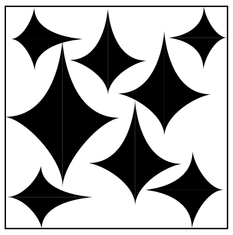
Which of the four images below is the mirror image of the one to the right?



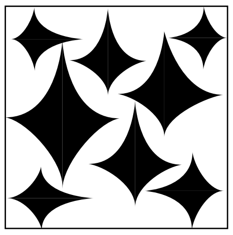
A



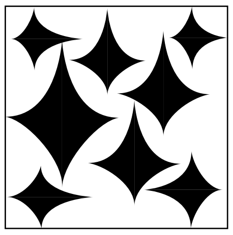
B



C



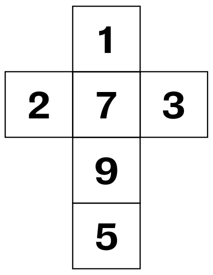
D



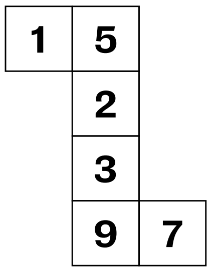
NETS

Which of these nets can be constructed to make the cube with the two opposite faces that multiply to the lowest number?

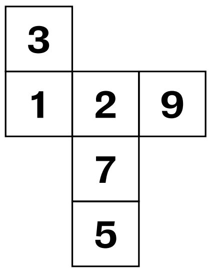
A



B



C



NUMBERS

SUMTHING

Place the listed numbers into the grid so that all sums are correct, reading left to right and top to bottom.

	+		=		
−	■	÷	■	÷	■
	×		=		
=	■	=	■	=	■
	×	3	=		

0, 1, 1, 1, 2, 2, 4, 5, 5, 6, 9

NUMBER JIG

Which one of the listed numbers won't fit in this mini grid?

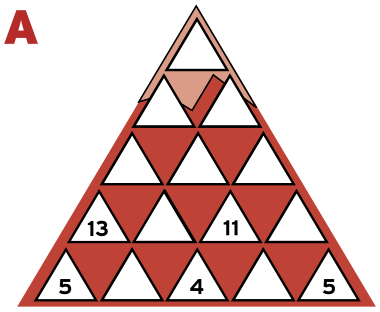
1873
7317
7883
8137
8771

■		■	
			7
■		■	

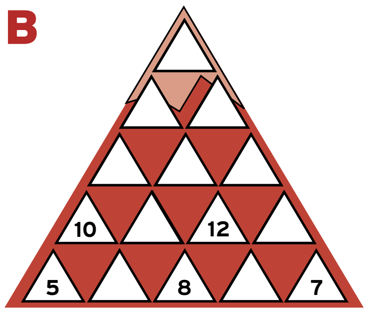
SUMMIT UP

If the number in each triangle is the sum of the two below, what is the top number?

A



B



LOGIC

CELLS

Divide the grid into square or rectangular blocks, each containing one digit only. Every block must contain the number of cells indicated by the digit inside it.

				3		
			3			
3	6				8	
	3					
3	6			2		2
					2	2
			6			

REASONING

1 'So, who ordered vanilla?' asked the ice cream man. 'I've been given mango, that's not what I ordered!' yelled Cal. 'I haven't been given cherry, I've been given Sal's order', huffed Hal. 'My order wasn't given to Cal, nor was it lemon', moaned Al. 'I wasn't given cherry!', yipped Sal. If no one was given the right ice cream, what did they order?

2 The ice cream shop have lost track of the sorbet orders. Benny ordered after Penny who didn't order the lemon sorbet. The cherry sorbet order was placed before Jenny's but not before the mango sorbet. Kenny didn't order last but did order one of the lemon or the lime sorbet, the latter of which was ordered before the mango sorbet. Who ordered what sorbet and in which order?

EVENS

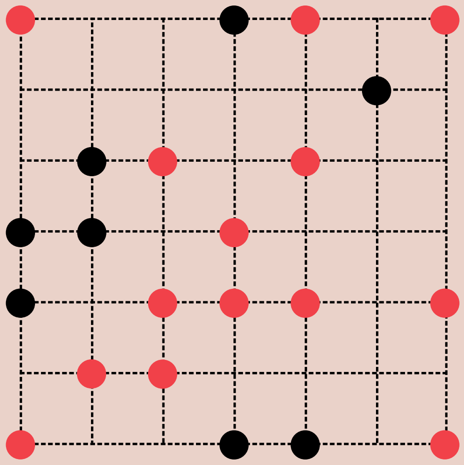
Insert any digit from 1 to 9 in the squares, so that the numbers in each row and column add up to the given totals. No digits may be repeated within a row or column, and even numbers must be placed in shaded squares.

		▨	▨	12
▨	▨			10
	▨		▨	10
▨			▨	30
20	14	15	13	

DANGO

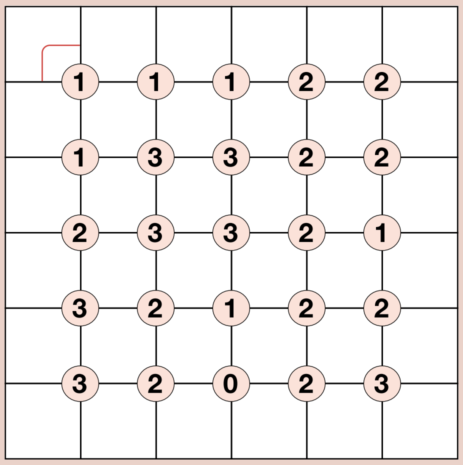
Draw lines between the dots to create four shapes in the grid. No shape may touch another and you must use all the dots. When a line reaches a dot, it turns as shown:

● 90° ● 45° or 135°



LOOP

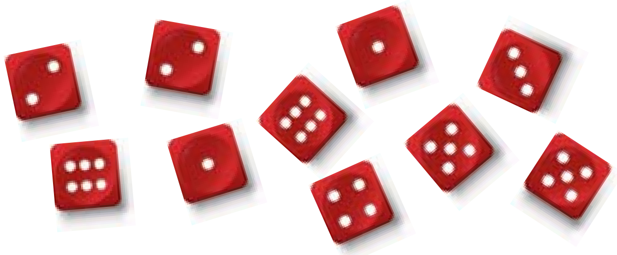
Draw a continuous loop in the grid so that the number in each circle corresponds to the number of adjacent squares containing turns in the loop. Part of the loop has been drawn to get you started.

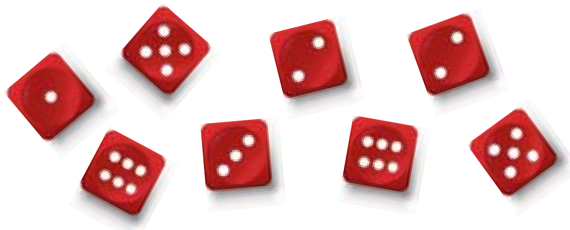


MEMORY

DICE GAME

Cover the bottom group of dice, and look closely at the top group for ten seconds. Then cover the top group and show the bottom group. Which dice are missing?





LOST FOR WORDS

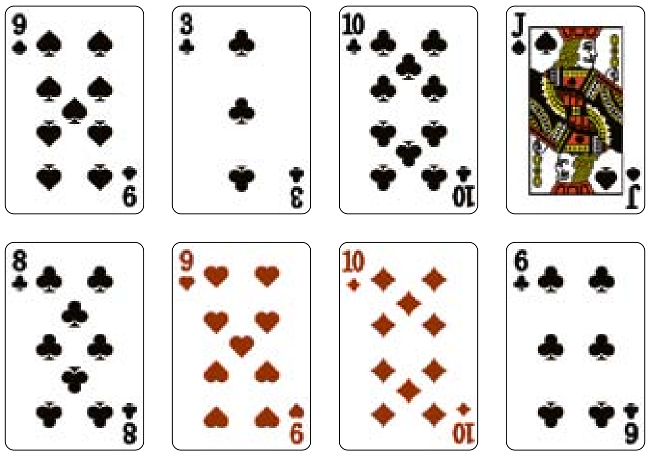
Cover the group of words on the right, then study the group on the left for two minutes. Then cover the group on the left and show the group on the right. Which words are missing?

BROWN
BUTTRESS
CERISE
COLLAR
CROTCHET
DISTRICT
EASEL
GRASP
OBTAIN
PAPER
PENCIL
PROVINCE
RIDING
SANGRIA
SPIRE
STAVE
TABERNACLE
TABLE
TERRACOTTA
TRILL
WHITE

RIDING
SPIRE
BROWN
STAVE
DISTRICT
OBTAIN
SANGRIA
TRILL
TERRACOTTA
COLLAR
CERISE
BUTTRESS
PROVINCE
CROTCHET
WHITE
TABLE
PAPER
EASEL

CONCENTRATION

Study this set of playing cards for thirty seconds, then cover them up and answer the questions below.



1 What is the total value of all the cards on the bottom row?
2 How many cards are clubs? 3 How many tens are there?

PUZZLES

30-SECOND BRAIN TEASER

Boost your brain power with our 30-second test. Start with the number on the left and follow the instructions. Beginners should aim to complete the puzzle in 30 seconds. Intermediates should finish their own puzzle and the Beginner's puzzle. Advanced players have 30 seconds to complete their own plus the Intermediate. Good luck!

BEGINNER 49	Take the square root	+65	÷12	+26	7/8 of this	-16	×7	-28	ANSWER
INTERMEDIATE 52	+184	3/4 of this	-94	×4	-76	Increase by 25%	+16	÷6	ANSWER
ADVANCED 8	×64	-184	3/8 of this	+353	÷7	+196	Increase by 75%	-296	ANSWER

Scribble pad

SOLUTIONS

CODEWORD
1=R, 2=I, 3=V, 4=G, 5=M, 6=N, 7=H, 8=W, 9=T, 10=B, 11=J, 12=O, 13=F, 14=E, 15=Q, 16=Z, 17=Y, 18=C, 19=D, 20=P, 21=S, 22=A, 23=K, 24=L, 25=X, 26=U

HONEYCOMB
1 Mangle. 2 Astern. 3 Endear. 4 Educed. 5 Denied. 6 Either. 7 Reveal. 8 Enigma. 9 Gypsum. 10 Sparse. 11 Severe. 12 Eleven.

PATTERN MAKER
SQUARE 4. The purple circle descends the fourth column by one step each time and the red circle moves diagonally from right to left and bottom to top by one step each time. The blue circle moves clockwise around the outer ring by five steps each time, and the green circle moves clockwise around the inner ring by three steps each time (around the central circle).

GIANT TWO-SPEED CROSSWORD
Across: 13 Fair enough, 14 Parsnip, 15 Railed, 16 Parcel, 17 Service, 18 Tends, 19 Hole, 20 Keeps, 21 Fired, 22 Darted, 23 Match, 28 Flutter, 30 Regards, 33 Priceless, 36 Bandit, 38 Awing, 39 Grant, 40 Matter, 42 Weary, 43 Shatter, 44 Settle, 46 Line, 49 Lion, 51 Barred, 53 Gripped, 55 Pinch, 59 Ascent, 60 Welsh, 61 Tired, 62 Riddle, 63 Badminton, 65 Breaker, 66 Purpose, 70 Stony, 71 Sprout, 73 Sable, 75 Combs, 80 Thus, 82 Tight, 83 Swallow, 84 Eleven, 85 Career, 86 Overall, 87 Double take.
Down: 1 Manage, 2 Crackpot, 3 Angle, 4 Pursuit, 5 Charge, 6 Spain, 7 Friend, 8 In store, 9 Open secret, 10 Fresh, 11 Highball, 12 Well, 24 Cistern, 25 Berth, 26 Mangoes, 27 Scamper, 29 Leave, 31 Exist, 32 Digs, 34 Father, 35 Pace, 37 Derange, 41 Tallied, 45 Trendy, 47 Abating, 48 Fretsaw, 50 Instant, 52 Ella, 54 Purse, 56 Cells, 57 Char, 58 Group, 60 Wood pigeon, 64 Minister, 67 Property, 68 Loathed, 69 Blowout, 72 Tuscan, 74 Allude, 76 Breaks, 77 Store, 78 Sally, 79 Dealt, 81 Hear.

GK CROSSWORD
Across: 1 Port of Spain, 7 Ira, 9 Lange, 10 Albatross, 11 Othmayr, 12 Sloane, 14 Tang, 16 Chicken Run, 19 Little Nell, 20 Scar, 22 Brough, 24 Azimuth, 27 Two Towers, 28 Heigl, 29 SOS, 30 Altostratus.
Down: 1 Pillow Talk, 2 Ranch, 3 One Day, 4 Sea urchin, 5 Abbas, 6 Nitrogen, 7 Ivo Andric, 8 Apso, 13 Angry Hills, 15 Notorious, 17 Collapses, 18 Glaucoma, 21 Fisher, 23 Hoeft, 25 Uniat, 26 Otis.

QUOTE DOWN
"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive"

WORD LADDER
One possible answer is:
Halt, Hart, Tart, Tare, Tore, Gore, Gone

ANAGRAMS
Tennis, Football, Rounders, Lacrosse, Water polo

WORD SLIDE
Lapse, laugh, loose, lough, louse, paint, pause, plume, plush, point, poise, pound, prime, print, prise, prone, prose, prune, saint, slime, slosh, slush, sough, sound, souse, waist, woosh, wound, wrist

NINER
HYPOCRITE

SHAPES
32

MIRROR IMAGE
B

NETS
A

SUMTHING
9+6=15, 5x2=10, 4x3=12

NUMBER JIG
7883

SUMMIT UP
A 94 B 96

REASONING
1 Cal cherry, Al vanilla, Sal lemon, Hal mango.
2 Kenny first lime, Penny second mango, Benny third cherry, Jenny fourth lemon.

EVENS
5124 4231 3412 8796

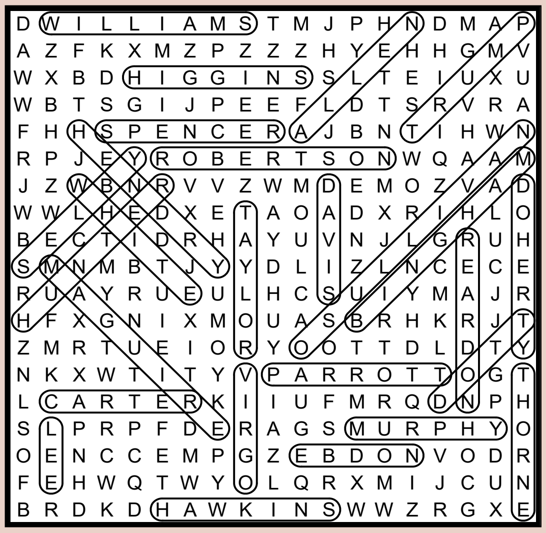
DICE GAME
One and four

LOST FOR WORDS
Grasp, Pencil, Tabernacle

CONCENTRATION
1: 33, 2: 4, 3: 2

30-SECOND BRAIN TEASER
Beginner 56, Intermediate 56, Advanced 166.

WORDSEARCH



D	W	I	L	L	I	A	M	S	T	M	J	P	H	N	D	M	A	P
A	Z	F	K	X	M	Z	P	Z	Z	Z	H	Y	E	H	H	G	M	V
W	X	B	D	H	I	G	G	I	N	S	S	L	T	E	I	U	X	U
W	B	T	S	G	I	J	P	E	E	F	L	D	T	S	R	V	R	A
F	H	H	S	P	E	N	C	E	R	A	J	B	N	T	I	H	W	N
R	P	J	E	Y	R	O	B	E	R	T	S	O	N	W	Q	A	A	M
J	Z	W	B	N	R	V	V	Z	W	M	D	E	M	O	Z	V	A	D
W	W	L	H	E	D	X	E	T	A	O	A	D	X	R	I	H	L	O
B	E	C	T	I	D	R	H	A	Y	U	V	N	J	L	G	R	U	H
S	M	N	M	B	T	J	Y	Y	D	L	I	Z	L	N	C	E	C	E
R	U	A	Y	R	U	E	U	L	H	C	S	U	I	Y	M	A	J	R
H	F	X	G	N	I	X	M	O	U	A	S	B	R	H	K	R	J	T
Z	M	R	T	U	E	I	O	R	Y	O	O	T	T	D	L	D	T	Y
N	K	X	W	T	I	T	Y	V	P	A	R	R	O	T	T	O	G	T
L	C	A	R	T	E	R	K	I	I	U	F	M	R	Q	D	N	P	H
S	L	P	R	P	F	D	E	R	A	G	S	M	U	R	P	H	Y	O
O	E	N	C	C	E	M	P	G	Z	E	B	D	O	N	V	O	D	R
F	E	H	W	Q	T	W	Y	O	L	Q	R	X	M	I	J	C	U	N
B	R	D	K	D	H	A	W	K	I	N	S	W	W	Z	R	G	X	E

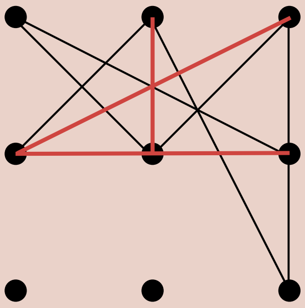
ARROWWORD

	S		C		P		T		K		F		C		S		U
S	T	E	A	D	I	L	Y		I	C	E	C	R	E	A	M	S
	A		L	O	T		P	A	N		T		U		L		E
C	R	A	F	T	S	M	E	N		S	E	L	E	C	T	E	D
		S		T		U		G	E	T		I	L	L		A	
P	A	S	S	E	N	G	E	R		A	W	E		A	C	R	E
	G	U	I	D	E		L	I	T	R	E		S	W	U	N	G
H	E	R	D		W	I	S	E		T	R	E	E		B	E	G
	S	E	E	M	S		E	R	A	S	E		W	E	E	D	S

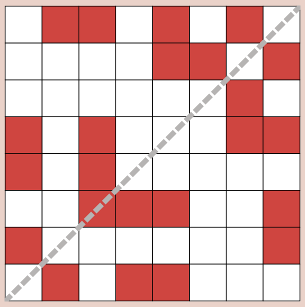
LOGIC

Time	Channel	Programme	Student
7:00pm	BBC1	Quiz	Sophie
7:30pm	ITV1	Soap	Sean
8:30pm	BBC2	Documentary	Sarah
9:00pm	Channel 5	Reality show	Sam
10:00pm	Channel 4	Film	Sally

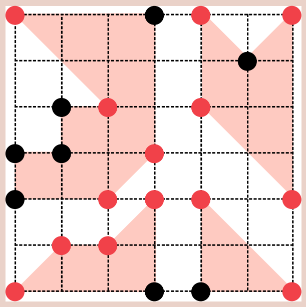
TRIANGLE



SYMMETRY



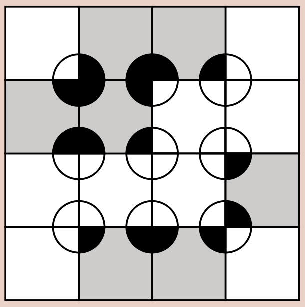
DANGO



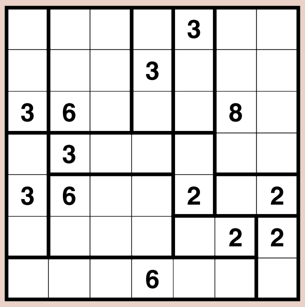
SUDOKU EASY

6	4	5	1	3	7	9	2	8
2	7	1	8	5	9	4	3	6
9	3	8	6	4	2	7	5	1
8	6	9	2	1	4	3	7	5
4	1	3	5	7	6	8	9	2
7	5	2	9	8	3	1	6	4
5	9	4	3	2	8	6	1	7
1	8	6	7	9	5	2	4	3
3	2	7	4	6	1	5	8	9

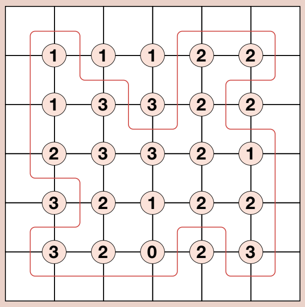
SEKI



CELLS



LOOP



SUDOKU HARD

5	9	1	6	3	8	4	2	7
8	7	3	2	5	4	9	1	6
6	4	2	9	7	1	3	8	5
2	8	6	5	4	9	1	7	3
9	1	4	3	8	7	6	5	2
7	3	5	1	6	2	8	4	9
3	6	7	4	1	5	2	9	8
1	2	8	7	9	6	5	3	4
4	5	9	8	2	3	7	6	1

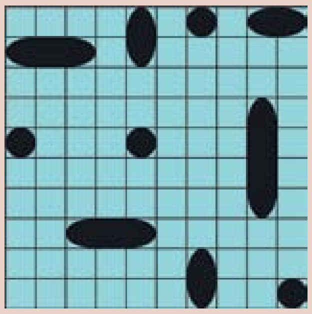
DOUBLE JIGWORD A

	D		E		L		B	
H	O	A	X		A	F	A	R
	L		T		N		P	
F	L	O	R	I	D	A		
	S		E		S		A	
		E	M	B	L	E	M	S
	E		E		I		E	
O	V	A	L		D	A	N	K
	E		Y		E		D	

DOUBLE JIGWORD B

	D		Z		L		D	
M	E	D	I	C	I	N	A	L
	C		P		V		C	
F	R	Y		F	I	G	H	T
	E		E		D		S	
F	A	T	A	L		S	H	Y
	S		R		C		U	
N	E	C	T	A	R	I	N	E
	D		H		Y		D	

BATTLESHIPS



DAILY EXPRESS

Fever Pitch

express.co.uk/sport

WEEKEND FOOTBALL: ACTION, REACTION & ANALYSIS

SEALED WITH KISS Taty Castellanos celebrates his extra-time winner, to the relief of under-fire Espirito Santo (far left)

Castellanos opens account to ease pressure on Nuno

TAT'S MORE LIKE IT

WEST HAM 2 QPR 1

See pages 2-3

FARKE'S ON-FORM LEEDS DEMOLISH DERBY – REPORT PAGES 4-5

EUROSPOT

O'NEIL HITS BIG SIX ON DAY ONE

AVRANCHES	0
STRASBOURG	6

French Cup

BY **NEIL McLEMAN**

GARY O'NEIL targeted winning two trophies this season after making a "perfect start" as Liam Rosenior's replacement at Strasbourg.

The Ligue 1 side beat Avranches – who play in the four tier – 6-0 in the French Cup.

The former Wolves manager (above) only took over from the new Chelsea boss on Wednesday and said: "It has been a bit crazy. We did not have a lot of time to prepare but the players were very professional.

"It was a perfect start, even if it was against an amateur side.

"We want to win the Coupe de France and the UEFA Europa Conference League, and finish as high as possible in the league."

Strasbourg fans are furious about Rosenior's departure to Chelsea.

But O'Neil said: "I understand what it's like to love a club more than anything. For me It was Millwall when I was a kid."

OLISE SAVOURS GR-EIGHT NIGHT

BAYERN MUNICH	8
WOLFSBURG	1

Bundesliga

BAYERN MUNICH started 2026 with a bang as they thumped eight goals past Wolfsburg.

In their first fixture since the winter break, the German champions ran riot with three former Premier League players on the scoresheet.

Wolfsburg's Dzenan Pejcinovic cancelled out Kilian Fischer's own goal after 13 minutes before Luis Diaz put Bayern back in front on the half hour.

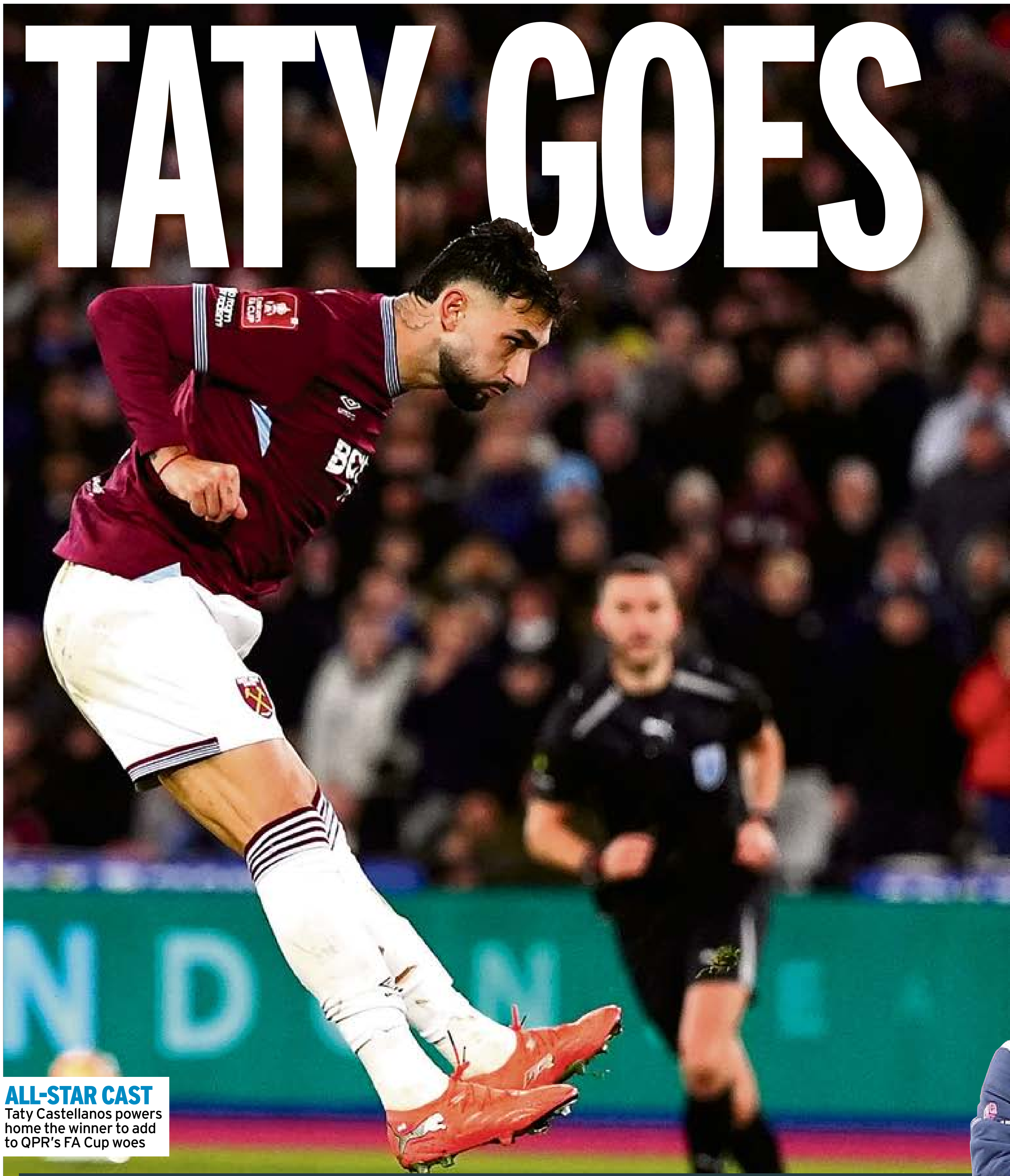
And once Michael Olise (above) scored the first of his brace five minutes after half-time, the floodgates opened.

A Moritz Jenz own goal followed three minutes later, with Raphael Guerreiro and Harry Kane adding to the tally before Olise grabbed his second.

Leon Goretzka then completed the rout two minutes from time to extend Bayern's lead at the top to 11 points.

In the day's other fixture, Borussia Monchengladbach beat Augsburg 4-0.

TATY GOES



ALL-STAR CAST
Taty Castellanos powers home the winner to add to QPR's FA Cup woes

GOALS AND GLORY CHEER IRONS

BY **NEIL McLEMAN**

NUNO ESPIRITO SANTO declared he was "happy, happy, happy" after West Ham's first win in more than two months – and insisted it will be a big boost for their Premier League survival battle.

West Ham needed extra time before knocking Championship side QPR out of the FA Cup.

But it was a first victory since beating Burnley at the London Stadium on November 8 – and new signing Taty Castellanos netted the winner with his first Hammers goal.

"It feels really nice to win a game," said Irons boss Nuno (right). "It feels so good. It feels good for us, the fans, the boys. Happy, happy, happy."

Argentine striker Castellanos only joined for £26m from Lazio last Monday.

"Goals bring confidence," he added. "Crysencio (Summerville) also, Pablo came on, Jarrod (Bowen) played an amazing game. Our front players did really well. Goals change everything. Not only for them personally but for us as well.

"It changes our week. The players will recover better. Everything is going to be better this week."

Konstantinos Mavropanos was stretchered off after suffering a first-half neck injury.

"We need to assess him for a couple of days, but hopefully he's going to be okay," added Nuno. "His neck is very sore."

Lucas Paqueta and Mateus Fernandes were "not ready to play", but Nuno hopes to have them back for Saturday's crucial visit to Tottenham – and have more signings.

"We still need players in. The sooner, the better," he said.

Rangers boss Julien Stephan said he was "proud" of the performance.

"They gave everything on the pitch," said the Frenchman.

"They pushed a Premier League team to extra time. The fans were amazing, fantastic."

AN INCREDIBLE TRUE STORY OF ESPIONAGE AND BETRAYAL

Reunited with the baby she had to give up in WWII, only to later discover he was the spy with no name...

A SPY IN THE FAMILY

A 'remarkable story' – Mail on Sunday

On sale from all good bookshops and Amazon. Also available in ebook.

THE EXTRA MILE

New boy Castellanos rides to Nuno's rescue as Hammers avoid a slip-up

WEST HAM	**2**
QPR	**1**

After extra time

BY **NEIL McLEMAN**

TATY CASTELLANOS netted his first West Ham goal in extra time to beat the worst third-round team in FA Cup history.

QPR have lost at this stage of the competition four years on the bounce – and 53 times in total.

But the Championship side made the Hammers sweat on a freezing day in East London before the new Argentine striker ended a run of 10 games without a win to temporarily ease the pressure on boss Nuno Espirito Santo. A fine far-post header from the new £26m signing – getting on the end of a cross by opening goalscorer Crysencio Summerville – was a move of rare quality from the team seven points from safety in the Premier League.

This was a full-blooded FA Cup tie, enjoyed more by the 9,000 Rangers fans in the early stages at the London Stadium. West Ham only improved when a nasty injury to Konstantinos Mavropanos forced a tactical change at the end of the first half.

And then after Richard Kone's 65th-minute equaliser as they outlasted Rangers in extra time.

Portuguese coach Nuno was followed into the Forest job by Ange Postecoglou earlier this season.

And perhaps he will now emulate the Aussie by keeping his job because of the possibility of winning a cup competition.

Spurs landed the Europa League last season, despite finishing 17th, before Postecoglou was eventually sacked.

But defeat to Tottenham in another London derby this week – the derby of the damned or 'El Crapico' – and he might not see the fourth round.

The 18th-placed Hammers also face a tricky trip to Sunderland followed by the visit of Chelsea this month.

But at least former Lazio forward Castellanos and new Brazilian striker Pablo, who came on off the bench, give the Hammers hope up front.

And although the squad still lacks quality, the Irons kept working for their boss for all 120 minutes.

Nuno made six changes from the demoralising Forest home defeat, with teenager Ezra Mayers making his first start at left wing-back.

The Championship side, without injured top scorer Rumarn Burrell, started better.

But the outstanding Summerville forced Joe Walsh into the first real save after 32 minutes.

Mavropanos was stretchered off after a long delay following a collision with Walsh at a corner and Pablo came on at the start of nine minutes of injury time.

The Hammers switched to 4-4-2 with their two new strikers up front and Jarrod Bowen out on the right.

All three were involved in the breakthrough which finally arrived in the 55th minute of the half.

England star Bowen played a first-time ball from the right flank which Catellanos allowed to run through to Pablo.

The Brazilian turned Jimmy Dunne and fed Soungoutou Magassa, who made a short pass into the path of Summerville for the Dutchman to lash home his first goal of the season.

This one was allowed to stand after his strike against Forest was disallowed for offside.

Aaron Wan-Bissaka scrambled away a low shot from Karamoko Dembele after the break.

But the former Celtic trainee was given too much space after 65 minutes when he turned and crossed for Kone (above) to head home his sixth of the season.

The equaliser forced the Hammers back on the attack. Dunne blocked two Castellanos shots, while Walsh pushed over an effort from the Argentine.

In the first half of extra time, Walsh saved from sub Tomas Soucek and Summerville before Castellanos settled the tie with his first goal in his second Hammers outing.

WEST HAM (3-4-3): Hermansen; Todibo, Mavropanos (Pablo 45), Kilman; Wan-Bissaka (Walker-Peters 91), Magassa (Soucek 70), Potts, Mayers (Scarles 91); Bowen, Castellanos (Rodriguez 111), Summerville.
QPR (4-4-2): Walsh; Mbengue (Adamson 99), Dunne, Cook, Norrington-Davies (Field 83); Dembele (Bennie 83), Madsen, Hayden, Saito (Smith 17); Kolli (Morgan 90), Kone.

FA CUP 3RD ROUND

WEST HAM		QPR
68%	POSSESSION	32%
7	SHOTS ON TARGET	3
2	SHOTS OFF TARGET	5
800	TOTAL PASSES	382
11	CORNERS	3
0	OFFSIDE	0
18	FOULS	13
0 3	CARDS	4 0

REF: Thomas Kirk

MAN OF THE MATCH

CRYSENCIO SUMMERVILLE

SUMMER LOVIN'
Crysencio Summerville rattles the Hammers into a late first-half lead

WAR BABIES THE FORGOTTEN CHILDREN OF WWII
ON SALE IN ALL GOOD BOOKSHOPS AND AMAZON
AMAZON

MARCHING ON

Leeds carry their fine league form into the Cup as they hit back in style to progress

TAN IS TOO HOT
Tanaka is alert to beat the diving Zetterstrom and put the visitors in front

DERBY 1
LEEDS UNITED 3

BY **MARK WALKER**

WILLY Gnonto and Ao Tanaka scored quickfire second-half goals to help Leeds hit back for a comfortable win and maintain their excellent recent form.

Gnonto and Tanaka struck in the space of four minutes to take the wind out of Derby's sails after the home side had led at the break through Ben Brereton Diaz – and James Justin added Leeds' third in added time.

Joel Piroe's first-half penalty was saved shortly before Derby took the lead against the run of play and the threat of an upset was short-lived as Leeds dominated the second half.

It means Leeds have lost just once since the start of December with Manchester City and Liverpool the only Premier League sides that have suffered fewer defeats across all competitions in the same timeframe.

Derby and Leeds renewed a fierce rivalry that began in the 1960s and 70s when Don Revie and Brian Clough were respective managers and that was stoked by the infamous Spygate affair in 2019 when former Whites boss Marcelo Bielsa sent scouts to spy on a Rams training camp before a Championship game.

Daniel Farke made eight changes four days after his Leeds side's gut-wrenching 4-3 defeat at Newcastle and it was not until the 30th minute when they first troubled Derby goalkeeper Jacob Zetterstrom. Joel Piroe's fierce angled effort crashed off the inside of the near post and the home side had an even bigger let-off soon after when the Dutch forward's penalty was saved after Lukas Nmecha had been brought down by Zetterstrom.

Derby rode their luck but took full advantage by taking the lead two minutes later, with Brereton Diaz planting a low finish into the bottom corner. It was a stunning turnaround for the Rams, who made six changes themselves after last week's home defeat to Wrexham, having barely threatened.

After netting against Wrexham last week, it's the first time the Chilean has scored in back-to-back appearances since March 2023.

Piroe forced Zetterstrom into another save before the break and was instrumental 10 minutes after the restart when Leeds struck twice in four minutes to flip the game on its head again.

Jaka Bijol played the ball into the area and Piroe's neat step-

BOSS FARKE IN MOOD TO GO VERY FAR

BY **MARK WALKER**

LEEDS boss Daniel Farke said he wants to go "as far as possible" in this season's FA Cup after his side's win at Derby.

Quickfire second-half goals from Willy Gnonto and Ao Tanaka turned the tie in Leeds' favour after they had trailed at half-time to Beb Brereton Diaz's opener for Derby.

Brereton Diaz struck against the run of play soon after Leeds striker Joel Piroe had seen his penalty saved, while substitute James Justin rubberstamped the visitors' progression with his first goal for the club in added time.

Farke (above) said: "I'm a big believer in cup competitions. I know some people see them as a distraction from the league, but I love cup competitions.

"We want to try to come as far as possible in the FA Cup, otherwise we would have sent a different team out today. We wanted to travel with the strongest possible squad without taking any risks."

Farke made eight changes after his side's cruel 4-3 defeat at Newcastle four days earlier, but only briefly did Leeds look like succumbing to an upset.

"Of course we're not the favourites to win this competition. We know this," Farke added. "But if cup competitions are made for fairy-tales, and if there is a chance, then we want to be involved.

"I want to stay humble. I don't want to speak about Wembley right now, but it would be great to write another chapter of big history for this amazing club."

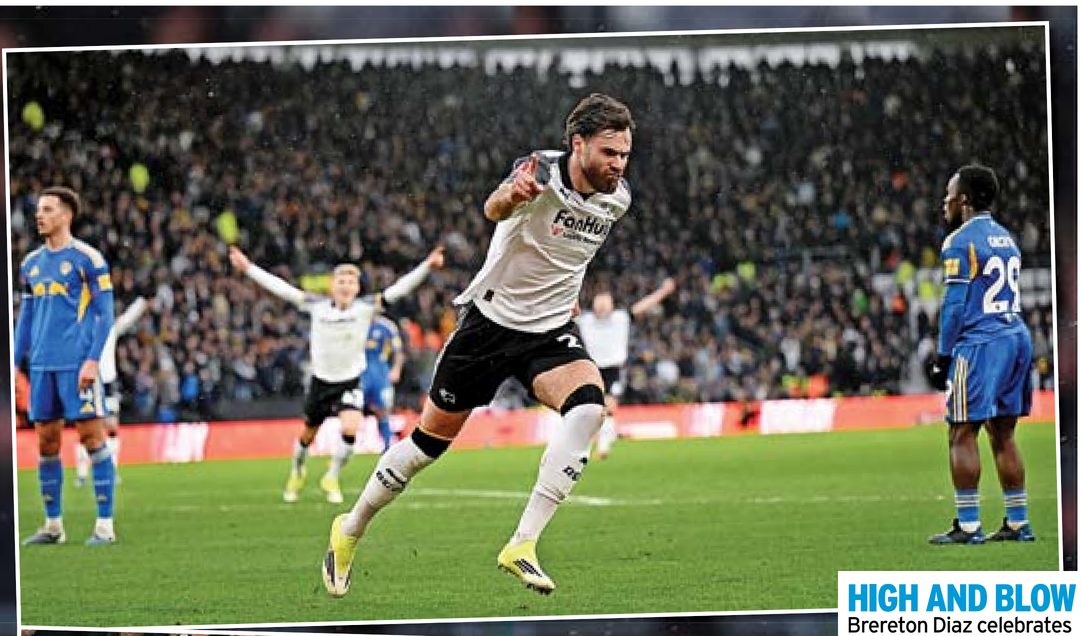
Derby boss John Eustace, who handed debuts to Danish midfielder Oscar Fraulo and teenager Owen Eames, had no complaints after making six changes following last week's home defeat to Wrexham.

Eustace said: "I thought we were really good value for money and we got some vital minutes into so many players that needed it today.

"We were really competitive and I was pleased with the effort. I just wanted the team to be competitive today. I wanted us to win, of course I did.

"But the bigger picture is that there's five or six players who desperately need minutes under their belt."

AND ON



HIGH AND BLOW

Brereton Diaz celebrates the opener; (below) Piroe has his penalty well saved

LEED THE WAY

Gnonto levels for Leeds; (below) Justin scores to make the victory secure

over allowed Gnonto to smash home a 55th-minute equaliser.

Piroe's low goalbound shot soon after was parried by Zetterstrom and Tanaka nipped in to turn home the rebound to put Leeds 2-1 up in the 59th minute.

Leeds midfielder Sean Longstaff made his first appearance since November off the bench after recovering from a calf injury as the visitors looked to increase their lead.

Piroe (left) twice had shots blocked and Nmecha's header was well saved before Leeds rubber-stamped their victory in stoppage time through substitute Justin following a swift counter-attack.

It made it Leeds' first win in the FA Cup when conceding the game's opening goal since January 2017, coming back to win 2-1 against Cambridge.

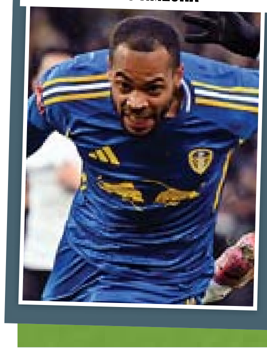
DERBY (4-4-1-1): Zetterstrom; Ward, Langas, Batth, Forsyth; Brereton, Fraulo (Adams 46), Travis (Ozoh 63), Blackett-Taylor (Brewster 63); Clark (Eames 73); Salvesen (Agyemang 73)
LEEDS (3-4-1-2): Darlow; Bornauw (Justin 46), Bijol, Ampadu; Gnonto (Byram 86), Tanaka, Gruev (Longstaff 73), Harrison; Piroe (Stach 89); Nmecha, Okafor (Aaronson 89)

FA CUP 3RD ROUND

DERBY		LEEDS
34%	POSSESSION	66%
2	SHOTS ON TARGET	11
4	SHOTS OFF TARGET	6
262	TOTAL PASSES	508
5	CORNERS	6
0	OFFSIDE	3
16	FOULS	8
🟥 0 🟨 1	CARDS	🟨 1 🟥 0

REF: Anthony Taylor **ATT:** 21,741

MAN OF THE MATCH
LUKAS NMECHA



LET'S BE FRANK... IT'S NOT WORKING

Pressure piling up on boss as loss feels like end of season

NOT ALL WHITE
Defeat for Spurs added to the sense they have gone backwards this season

TOTTENHAM	1
ASTON VILLA	2

COMMENT

BY **ALASDAIR GOLD**

IN TERMS of dreaming of silverware, for many Tottenham fans the season is already over.

A protest is being planned by fan group Change for Tottenham ahead of the West Ham game next week, marking the first protest of the post-Daniel Levy era.

The group are calling on the club to be bold in this transfer window and, like the Supporters' Trust, are looking for some semblance of long-term football strategy.

There is still time for both to happen, but once again it feels like a season at Spurs has been wasted while everyone works "very, very, very hard" in Thomas Frank's words.

It is the first time since the 2013-14 campaign that Tottenham have not reached the fourth round after this defeat by Aston Villa.

In the Premier League, Frank's side are 14th place – exactly where they sat at this stage last season – and they are out of the Carabao Cup.

If anything, they have gone backwards this season across the competitions as a whole, barring in the Champions League which will require a miracle to end the season with another trophy.

Frank (right), the Tottenham head coach, knows there is only one thing he can try to control. He said: "We all know there's only one way to have everyone happy. That is performing consistently and winning enough games.

"And we could see, second half especially, the energy, how they feed off each other, the players and the fans. It was a fantastic experience to be in the middle of it.

"Unfortunately, we couldn't get that fantastic comeback, which sometimes kickstarts momentum. And that's what we are working very hard to do. But I think the way the fans backed the team and pushed them forward, second half were very, very good.

"I still think it's, first and foremost, us. We need to perform, and then they can feed off the energy. But of course, we also need them in tough times, which they are there. They're travelling in big numbers to away games, and they are backing us. So that's a two-way solution."

A spirited second-half rally could not prevent Spurs suffering another early exit in a domestic cup to increase the pressure on Frank, who has lost seven of his past 13 matches.

The Tottenham fans have not taken to Frank and it is going to require a tremendous effort from all involved to turn things around for him and ensure he is not another Nuno Espirito Santo – a manager passing through after failing to translate his efforts with a smaller club onto a bigger and more expectant stage.

The crowds are dropping. They did not sell out for this match, with 57,718 in attendance and the big Premier League games against Manchester City and Newcastle have made it to general sale on the club website, with the declaration, "Secure up to four seats!"

Tottenham should not need to plead with fans to buy tickets to their matches and it's a sign of the general apathy that has descended around a club that has got used to losing.

Fans aren't bothered about watching every game, in the flesh or on TV, because it's just not that enjoyable an experience. You wouldn't keep paying to watch a singer belt out their tunes badly in concerts week after week and people are finding it hard to justify paying some of the most expensive ticket prices in the Premier League for the 14th-best entertainment.

Reading the stories of the 1901 cup-winning side and seeing the emotional legends at pitch-side paying tribute to the much-loved Martin Chivers and Terry Yorath only served to remind people what this club once was.

It might be shiny and modern, but this Tottenham is not the one the fans fell in love with. They want to be thrilled, they want opponents to be fearful and they want to win football matches. Spurs must be better. They must be more.

FA CUP 3RD ROUND

TOTTENHAM		ASTON VILLA
40%	POSSESSION	60%
5	SHOTS ON TARGET	8
8	SHOTS OFF TARGET	9
0.74	EXPECTED GOALS	1.36
4	CORNERS	6
3	OFFSIDE	1
17	FOULS	10
0 🟥 3 🟨	CARDS	2 🟨 0 🟥

REF: Craig Pawson. **ATT:** 57,718.

MAN OF THE MATCH
MORGAN ROGERS

TOTTENHAM (4-2-3-1): Vicario; Porro (Spence 83), Danso, Van de Ven, Davies; Gray, Joao Palhinha; Odobert (Solanke 83), Simons, Tel (Scarlett 78); Richarlison (Kolo Muani 31).

A VILLA (4-2-3-1): Bizot; Cash (Garcia 79), Konsa, Torres, Maatsen (Digne 78); Kamara (Tielemans 9), Bogarde; McGinn (Sancho 65), Rogers, Buendia; Malen (Watkins 65).

EMERY IS FOCUSED ON GLORY

UNAI EMERY reiterated his desire to end Aston Villa's long wait for silverware after they reached the FA Cup fourth round.

Emery (above) has transformed the fortunes of Villa and after near-misses in recent seasons, the Spanish coach is determined to end the club's 30-year wait for a trophy.

Even though Villa are firmly in the Premier League title race and well-placed to go far in the Europa League, Emery was delighted with his players after a hard-fought cup tie in north London.

First-half goals by Emiliano Buendia and Morgan Rogers put Villa in command and, though Wilson Odobert reduced the deficit in the 55th minute, Emery's side held off a spirited second-half rally from the home side.

He said: "Of course we have the responsibility [to win a trophy].

"Firstly this club, Aston Villa, won this trophy seven times. A long time ago, but we have the responsibility.

"The supporters they came here, 9,000 with us from Birmingham, of course they are here to support and because they want to watch us winning, or trying to win. This responsibility we felt.

"And, of course, my responsibility, I talk about it, it is a huge responsibility I have, I feel and I want to do it.

"How the players respond on the field, we made the next step in this competition but to be a contender for this trophy is very, very difficult because last year we play [a] semi-final and only one team is winning.

"We beat one team like Tottenham, we feel they were a contender and we feel maybe we could be a contender if we keep progressing like we did."

ALL A BLUR
Alleyne celebrates his goal, just days after City recalled him from Watford

FA CUP 3RD ROUND

MAN CITY		EXETER CITY
72%	POSSESSION	28%
10	SHOTS ON TARGET	2
11	SHOTS OFF TARGET	5
2.23	EXPECTED GOALS	0.42
7	CORNERS	3
1	OFFSIDE	3
8	FOULS	10
🟥0 🟨0	CARDS	🟨1 🟥0

REF: Adam Herczeg. **ATT:** 52,136.

MAN OF THE MATCH
ANTOINE SEMENYO

IT'S BEEN MAD FOR MAX

MAN CITY	10
EXETER CITY	1

Alleyne caps a 'crazy' week by scoring first City goal in thrashing

BY **SIMON BAJKOWSKI**

MAX ALLEYNE was in Watford on Monday getting ready for a trip to Bristol City in the FA Cup.

By Saturday night he was reflecting on his first two starts for Manchester City in a 'crazy' week that has seen him swap a Championship promotion battle for fighting for the biggest trophies in club football.

The 20-year-old was seen inside the club last year as one of the best defenders in Europe for his age and he has been one of the few City youngsters to thrive on loan this season.

Playing for Watford gave him defensive challenges that he hadn't experienced before, and he rose to them in a team that have climbed to sixth in the Championship, despite a change in manager. City have four other centre-backs on loan this season, including a treble winner in Manu Akanji and a £29.4million signing in Vitor Reis.

Yet when scans confirmed a broken leg for Josko Gvardiol and a hamstring injury for Ruben Dias, it was Vicarage Road that the Blues turned to.

Alleyne was shuttled back to Manchester by Monday night, started on Wednesday in the 1-1 Premier League draw with Brighton after one training session he scored his first City in the FA Cup on Saturday – the first of City's 10 – in a gamble that has paid early dividends.

He said: "I've really enjoyed it. Last week's been kind of crazy, but I really enjoyed every second I've been back and, yes, it was good to win, so that's the main thing.

"Obviously Wednesday was disappointing with the result but, from my side of things, I think good but can always be better.

"There are little things that I look at with the coaches and stuff like that. I'm always trying to improve. Of course I enjoyed it [at Watford] but this is the biggest club in the world, in my opinion, so when they say you're coming back, that was it. I enjoyed it and that was that."

Alleyne is still finding his feet back at his parent club. With his family down south, he is staying at the training ground as he has jumped straight into City's busy schedule.

Nathan Ake has been a particular help to get him used to the team, while manager Pep Guardiola showed some footage of Alleyne in a team meeting before Brighton to give his new team-mates an idea of what they could expect.

With just two other centre-backs available, opportunities will keep on coming for the England Under-21 defender.

And with games in four competitions this month, the thought of what could be possible is not lost on a young player who has helped City to keep their expectations for the season after the panic in early January.

He said: "The aim is to win everything. That's always been my mentality. It was at Watford as well, to win the league and get promoted. So it's the same thing here, just win as much as possible."

Alleyne broke the deadlock after 12 minutes as City became the first English top-flight side to score 10-plus goals in a single match in any competition since Liverpool beat Fulham 10-0 in the League Cup in September 1986, and first to do so in the FA Cup since Tottenham beat Crewe 13-2 in February 1960.

Antoine Semenyo made a goalscoring debut, Rodri also struck his first goal for 20 months and Rico Lewis scored twice.

There were also two own goals, along with strikes from Tijjani Reijnders, Nico O'Reilly and 17-year-old Ryan McAidoo.

League One Exeter's one bright moment was a superb late consolation strike from George Birch.

Manager Gary Caldwell joked things might have been worse had Liam Oakes taken an early chance.

He said: "If that early chance had gone in it might have annoyed them and they might have scored more! It's a lesson that when one of the best managers of all time needs to win a game he picks a team to win it.

"The respect they showed was outstanding.

"It was a really humbling experience but our season will not be defined by this."

MANCHESTER CITY (4-1-4-1): Trafford; Lewis, Khusanov, Alleyne (Bernardo 64), Ake (Mfuni 46); Rodri (O'Reilly 46); McAidoo, Cherki, Reijnders, Semenyo (Doku 64); Haaland (Mukasa 46).

EXETER CITY (3-4-2-1): Whitworth; Turns, Fitzwater, Woodhouse; Niskanen, Doyle-Hayes, Brierley (Francis 82), Oakes (Birch 82); Cole (Higgins 59), Aitchison (Mendes 59); Wareham (Magennis 46).

A TO
THE

FA CUP 3RD ROUND

MACCLESFIELD		C PALACE
28%	POSSESSION	72%
4	SHOTS ON TARGET	4
5	SHOTS OFF TARGET	6
0.71	EXPECTED GOALS	0.51
2	CORNERS	3
0	OFFSIDE	7
8	FOULS	13
🟥 0 🟨 2	CARDS	🟨 2 🟥 0

REF: Tim Robinson **ATT:** 5,348

MAN OF THE MATCH
PAUL DAWSON

BEER WE GO Sam Heathcote sinks a well-earned drink after Palace victory

Macc hero Heathcote drinks it in after stunning reminder of this competition's charm

MACCLESFIELD	2
CRYSTAL PALACE	1

BY **ANDY DUNN**

SEASON in, season out, everyone's faith in the magic of the FA Cup is put to a stern test.

Ridiculous kick-off times, draws before a round is complete, managers fielding weakened teams. But every season, the grand old competition delivers a response. Every season, something happens that makes you keep the faith.

Last season, it was Crystal Palace winning their first-ever major trophy by beating the formidable Manchester City.

And this season, the same Eagles fans who wept joy at Wembley, stood and applauded Macclesfield's players and fans after one of the FA Cup's greatest shocks. If not the greatest.

It was a magical moment. And, regardless of Macclesfield's fourth-round fate, one that will stay with the part-timers for the rest of their lives. "It's not supposed to happen, is it? It's not, it's really not," s
defender Sam Heathcote
primary school in Altrincha

"I didn't expect to be goin
Monday having won. I know
might have been watching

"They told me, 'Don't ge
give away a penalty'.

"There was nothing posi
them will be happy on Mon

While Heathcote, 28, init
understand how the upset
did sense something spe

AST TO FA CUP

SILKMEN STRUT THEIR STUFF

MACCLESFIELD owner Robert Smethurst feels like his side won the FA Cup following their huge third-round upset over Crystal Palace.

With 117 places separating the two teams, the Silkmen stunned their Premier League opponents and trophy holders with a brilliant victory to book their spot in the fourth round.

"It was absolutely incredible, the scenes yesterday were just something I've never experienced in my life," said Smethurst.

"It was just amazing for Macclesfield and I know the lads were partying until three, four o'clock in the morning. There were people dancing in Macclesfield.

"The scenes for the town and the community was just one of those unbelievable experiences that I'm never ever going to forget. I was home early, believe it or not. I got myself back and watched TV and watched it all over again.

"Amazing scenes. For me, I think we won the FA Cup yesterday. It was amazing."

The club were reformed in 2020 after Macclesfield Town were wound up and have since gone on to achieve three promotions. The Silkmen are currently 14th in the National League North, three points away from the play-off spots with games in hand.

Smethurst (below) dedicated Macclesfield's stunning victory to their fans and Ethan McLeod, as the club still comes to terms with the death of their player.

The 21-year-old was killed in an accident while travelling home from their game at Bedford Town on December 16 and Smethurst added: "This one was for the fans and especially one for Ethan as well.

"What a great guy he was. He played a large part in getting us here. For us, it was a very special moment for him and his family."

Speaking about the club, Smethurst said: "When I did buy it, I had no idea what I was buying. I was a bit clueless to understanding football at that point and just thought, 'Let's have a go and see what we can create'.

"That's what I did and we've had three promotions and now obviously creating football history. There are no words."

SHOCK & AWE
Paul Dawson (above) and Isaac Buckley-Ricketts (below) score vital goals

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ially struggled to
t was caused, he
cial was on the

cards when skipper Paul Dawson clashed heads with Jaydee Canvot pretty much straight from the kick-off.

Heathcote added: "I think that set the tone for me. We do that same kick-off every time. Every time we play, that's it. And he does it every single week and people that don't come to watch won't see that.

"That high ball, as a defender myself, I don't want to deal with that.

"I want to be running after that. So to go in, you know, smash into someone, first doors. For me, if I was in their dressing room, I'd be like, 'Ooh, these boys were up for it'."

But Macclesfield's win – a victory that will earn them something in the region of £400,000 – was not chiselled out by strong-arm tactics, far from it.

The National League North outfit was disciplined, organised, defended superbly and broke with purpose.

Goals from captain Dawson and Isaac Buckley-Ricketts were more than enough for Macclesfield, Yeremy Pino's 90th-minute free-kick proving to be far too little, too late for the Eagles. Considering most of the Silkmen are part-timers, it was some effort. Dawson said: "We're all part-time. We train twice a week. I coach the younger lads, the junior academies.

"And I work for one of my friends who owns Chloe Jade, who do candles and diffusers. We pack them and send them away. I was in there yesterday.

"I had a shovel, clearing snow on Tuesday night and I dropped all the lads' tracksuits off yesterday – I was like Postman Pat.

"And that was after work. It is a community club and we all stick together here." And several hours after the final whistle, Dawson was still in his kit, pulling pints for punters in the club bar.

Every season, your faith in the magic of the FA Cup is put to the test... and every season, the grand old competition responds.

MACCLESFIELD (4-1-4-1): Dearnley; Fensome, Heathcote, Menayese, Lacey (Borthwick-Jackson 79); Edmondson; Duffy (Matheson 79), Kay (Dos Santos 80), Dawson, Buckley-Ricketts; Bughail-Mellor (Whitehead 90).

C PALACE (3-4-2-1): Benitez; Canvot (Mitchell 46), Richards, Guehi; Devenny (Casey 75), Wharton, Rodney (Hughes 46), Sosa; Drakes-Thomas (Johnson 46), Pino; Uche.

IT ALL ENZ IN CHEERS

Le Fee's glee after misery with Panenka

EVERTON 1
SUNDERLAND 1
Sunderland win 3-0 on pens

LUKE O'NIEN paid tribute to Enzo Le Fee for pushing past his Panenka purgatory.

Sunderland's impish midfielder became an unwanted social media meme when the Frenchman's cheeky attempted spot-kick spectacularly backfired as it was easily plucked out of the air by keeper Caoimhin Kelleher in the 3-0 Premier League defeat at Brentford.

The 25-year-old bounced back in perfect style to lead the Black Cats into round four with a goal before finding the net in the shootout as Robin Roefs saved all three Everton spot-kicks to the delight of 8,000 travelling fans.

Sunderland scored all their three, with O'Nien (circle) thumping home the winner on his first start since going off injured in the Championship play-off final in May.

The 31-year-old defender said: "The boys and fans love Enzo. If you want to see his character then that's him right there today.

"He goes and gets the ball – he might make a mistake but he goes and gets it again and he's an example to all of us.

"He's been one of the heartbeats of the club since he came in and I love him to bits. He's a massive part of the way we tick every day."

Dutch keeper Roefs saved from James Garner, Thierno Barry and Beto and O'Nien added: "Before my penalty, he handed me the ball and said, 'Luke, literally no pressure', which I think was him saying, 'I'll save the next one'.

"We did something similar in the Carabao Cup against QPR in them not scoring in the shootout because I was fourth that day and never got to take one.

"I watch the keepers every day and how hard they push each other. Robin's at the forefront of that and he's been exceptional. I had about five different penalties lined up in my head when it came to mine. Because of that I just thought I'd smash it as hard as I could.

"It was a nice moment as I don't think I've ever taken a winning penalty, so it's a collector's item.

"As I've not played so much this season, I think I was the only one that was buzzing with the extra time!"

Everton midfielder Garner said: "If you're going to look at the positives, we're a much better side than we were last year."

EVERTON (4-2-3-1): Pickford; Mykolenko (Campbell 104), O'Brien, Tarkowski, Patterson (Welch 116); Garner, Rohl (Aznou 86); McNeil, Armstrong, Dibling (Barry 75); Beto

SUNDERLAND (4-2-3-1): Roefs; Cirkin, O'Nien, Mukiele, Hume; Sadiki, Xhaka; Mundle, Le Fee, Adingra (Brobbey 71 (Isidor 105)); Mayenda (Ballard 71)

THAT'S LOVE-LE
Le Fee celebrates after firing home (above, left) to put Black Cats ahead

FA CUP 3RD ROUND

EVERTON		SUNDERLAND
45%	POSSESSION	55%
3	SHOTS ON TARGET	6
9	SHOTS OFF TARGET	7
1.33	EXPECTED GOALS	0.88
0	CORNERS	7
0	OFFSIDE	1
16	FOULS	20
🟥 0 🟨 1	CARDS	🟨 5 🟥 0

REFEREE: John Brooks

MAN OF THE MATCH
ROBIN ROEFS

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MARINERS ANGLING TO LAND 'BIG FISH'

Vernam keen for Grimsby to be underdogs again after ending run of brave Weston

GRIMSBY	3
WESTON SM	2

BY **NEIL SQUIRES**

GRIMSBY goalscorer Charles Vernam is looking forward to being a Cup underdog again after the stress of seeing off minnows Weston-super-Mare.

The sixth-tier Seagulls exited the FA Cup stage with heads held high after pushing the Mariners to the limit before going down at Blundell Park. They twice fought back from being a goal down only to be eliminated by an 86th-minute effort from Kieran Green.

Vernam, who also scored in Grimsby's stunning upset win over Manchester United in the Carabao Cup run earlier this season, will be delighted to switch back into giantkiller mode again when the fourth-round draw is made this evening.

"I'll watch the draw, definitely. It's exciting to see it come out and to see what's happening and then if we get a big one, the group chat will go crazy for a little bit," said the 29-year-old.

"Like all the fans, we'd hope for a big tie. We experienced what it was like when we played United and Brentford this year, Sheffield Wednesday away even.

"We understand the financial rewards for the club and how important that is, so we're hoping that we get a big fish.

"To be able to give the fans that chance to see their football club on one of the big stages against the big players would be massive... but I can't see it being as memorable as the night that we've already had against Man United.

"I'd love to play at Anfield. I've never played there, I've never been there.

"Whoever it is, wherever it is... let's have a good crack at it."

Other than Macclesfield, Grimsby – 12th in League Two – are the lowest-ranked team remaining in the competition. But their cup pedigree is there for all to see having reached the fourth round in two major competitions this season.

Vernam, who is in his second spell with the club, can feel the wider impact the cup success has on the town itself.

He said: "We're an important part of this community as a football club and as players who represent the club so it's not lost on us the importance of what we're doing.

"To have people talking about Grimsby again is our aim – to keep putting the club and the town on the map."

For Weston-super-Mare attention now reverts to their promotion push in National League South. Second in the table, their next appointment is on Saturday at Chelmsford.

Manager Scott Rogers, while proud of his team for their FA Cup run, is wary there is no hangover from it.

"Last year we got Bristol Rovers in the first round, which was a big game, and we put in a really good performance and lost 2-1 in extra time. Then we didn't win for eight games in the league," he said.

"This will take a bit out of us and it'll take a little bit of managing, but I hope it doesn't affect us that way again. We need to get back on the horse and get a few positive results in the next few games."

GRIMSBY TOWN (4-1-4-1): J Smith; Warren, Lavelle, McJannet, Staunton; McEachran (Turi 84); Vernam (Sellars-Fleming 84), Khouri, Walker (Green 60), Burns; Soonsup-Bell (Kabia 60)

WESTON-SUPER-MARE (4-2-3-1): Harris; M Smith, Lewis, Avery (Wilson 90), Pope; Spokes (Ellison 90), Bernard (Robeston 73); Dawes (Dewsbury 63), Cummings (Cane 90), Coulson; Britton

BRIGHT CHARLIE
Vernam jubilant after he nets opener and (below) hero Green gets a big hug

FA CUP 3RD ROUND

GRIMSBY		WESTON
66%	POSSESSION	34%
7	SHOTS ON TARGET	6
12	SHOTS OFF TARGET	3
1.58	EXPECTED GOALS	0.84
10	CORNERS	3
1	OFFSIDE	0
8	FOULS	11
🟥 0 🟨 1	CARDS	🟨 1 🟥 0

REF: Martin Coy **ATT:** 4,851

MAN OF THE MATCH

CHARLES VERNAM

A SUPER EFFORT
It was not to be for brave Weston and (right) Louis Britton after his leveller

WIL HE OR WON'T HE...?

GAME-CHANGER Wilson's impact off the bench will only increase demand for his services

Red-hot Harry turns tie in the latest signal Cottagers face a battle to keep star

FULHAM	3
MIDDLESBROUGH	1

BY **JASON MELLOR**

HARRY WILSON is on fire – and Fulham might just get their fingers burnt failing to douse the flickering flames of interest in their prized asset.

The Welsh wonder came off the bench to transform the third-round tie as he was involved in all three goals to seal a memorable comeback.

Wilson is one of the Premier League's hottest properties and in a strong bargaining position with his Craven Cottage deal due to end this summer, so could leave on a free transfer.

Leeds failed with a deadline day bid to sign the Wrexham-born midfielder in September but such has been his stellar form since, the in-demand 28-year-old is attracting interest from much higher up the pecking order.

Wilson's team-mate Emile Smith-Rowe said: "Harry's on fire at the moment. It's just a case of trying to get him the ball as soon as possible and he'll make something happen.

"To be honest it's not a surprise, because I see him doing that every day in training."

Wilson scored for the third straight game to level within four minutes of coming on as part of a triple change just before the hour mark.

The Liverpool academy product was involved in Fulham's other two goals, finding Tom Cairney for Smith-Rowe to grab the second before setting up Kevin to seal victory.

Smith-Rowe added: "Harry and the other players who came on definitely changed the game. We dug deep, now we want to get a good run going."

Head coach Marco Silva said: "In my first press conference after the summer window, I was asked about Leeds' offer for Harry. I said straight away that I didn't think for one second about it because he's our player and he's so important for us."

Hayden Hackney's first-half goal put Middlesbrough ahead to delight the 5,000-strong travelling contingent.

The Championship promotion chasers ran out of steam and the England Under-21 midfielder said: "We dominated and created chances but it got hard towards the finish.

"Fulham were able to bring on some unbelievable players who were fresh to make it difficult for us."

FA CUP 3RD ROUND

FULHAM		MIDDLESBROUGH
56%	POSSESSION	44%
9	SHOTS ON TARGET	3
5	SHOTS OFF TARGET	3
2.21	EXPECTED GOALS	0.78
3	CORNERS	3
0	OFFSIDE	2
9	FOULS	8
0 🟥 1 🟨	CARDS	2 🟨 0 🟥

REF: Lewis Smith. **ATT:** 20,675.

MAN OF THE MATCH
HARRY WILSON

FULHAM (4-1-4-1): Lecomte; Castagne, Diop, Cuenca, Sessegnon (Robinson 66); Lukic; Traore (Wilson 57), Reed (Cairney 56), Smith Rowe (Berge 86), Kevin; Kusi-Asare (Jimenez 56).
MIDDLESBROUGH (4-2-2-2): Brynn; Browne, Ayling (Fry 80), Malanda, Targett (Hansen 86); , Morris, Hackney (Nypan 80); Silvera, Gilbert; Conway (Burgzorg 63), Whittaker (Ibeh 81).

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JUST THE JOR
Hato scores opener as he looks to cement a regular place under Rosenior

HAT'LL DO NICELY

CHARLTON	1
CHELSEA	5

Dutchman gives Rosenior flying start as Blues boss

BY **RYAN TAYLOR**

JORREL HATO is relishing the chance to wipe the slate clean after kickstarting a new era at Chelsea with a bang.

The Dutch defender, signed from Ajax last summer for an initial £35.5million, only made seven starts in all competitions under Enzo Maresca, whose spell as head coach ended on New Year's Day.

However, after rifling home the first goal of Liam Rosenior's tenure to get the ball rolling in this five-star FA Cup win at Charlton, the 19-year-old now feels like he's finally arrived in west London. Hato said: "To be honest, I was a little bit surprised when it went in, so that's why I didn't really celebrate too much!

"It was a good hit and I'm just so happy to score for this great club.

"The ball bounced and landed just in front of me, it sat up nicely and thankfully it flew into the top corner.

"I enjoyed the game, it was a real cup tie and the role I played allowed me to get forward a lot, into pockets of space in and around the box. I enjoy being able to help offensively as well as defensively.

"It's a new role for me, because during my time at Ajax I only ever played as a defender. Maresca wanted me to invert and join in attacks previously, and now the new manager has asked the same of me.

"It's a new role but one I'm happy to do and I'm really enjoying the first few days under the gaffer."

Further goals from Tosin Adarabioyo, Marc Guiu and subs Pedro Neto and Enzo Fernandez completed the brutal second-half rout to put Chelsea's name in the hat. It was also the biggest margin of victory recorded by any new Blues boss since Luiz Felipe Scolari's 4-0 demolition of Portsmouth back in 2008.

Hato insists Rosenior, who arrived from Strasbourg, demanded relentless intensity, which is why his hungry and ruthless side kept going until the end at the Valley.

He said: "It was a really good win for us. I'm very happy to score my first goal for Chelsea and especially pleased for us to get the victory.

"We know cup games can be difficult, so we're very pleased to have got through to the next round with this win.

"We knew it would be a difficult game. We expected Charlton to be physical, to play a lot of long balls and for there to be a lot of duels all over the pitch.

"But we knew if we matched the energy, then our quality should come through, and I think that showed in the end.

"The manager made it clear to us coming into this game that we would need to show a lot of fight. He demanded that intensity from us and it worked, winning 5-1 is very good."

Chelsea now turn attention to Wednesday night's Carabao Cup semi-final first-leg against Premier League leaders Arsenal at Stamford Bridge.

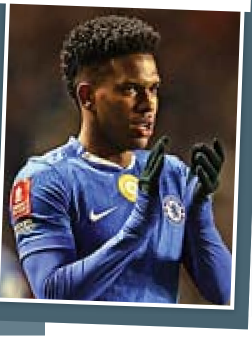
Following his Blues debut Rosenior revealed Malo Gusto, Cole Palmer and Reece James had missed the trip to south London with minor fitness issues.

FA CUP 3RD ROUND

CHARLTON		CHELSEA
27%	POSSESSION	73%
3	SHOTS ON TARGET	16
3	SHOTS OFF TARGET	9
0.95	EXPECTED GOALS	3.59
3	CORNERS	6
1	OFFSIDE	1
11	FOULS	7
0 1	CARDS	1 0

REF: Chris Kavanagh. **ATT:** 26,475.

MAN OF THE MATCH
ESTEVAO



CHARLTON (3-1-4-2): Mannion; Gough, Jones, Bell (Olaofe 74); Coventry (Anderson 66); Bree, Docherty (Rankin-Costello 67), Carey, Campbell (Knibbs 81); Leaburn, Kelman (Gillesphey 66).

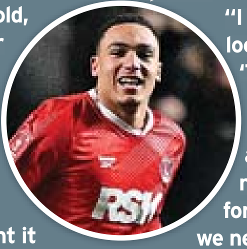
CHELSEA (4-2-3-1): Jorgensen; Acheampong, Tosin, Badiashile, Hato (Fofana 84); Caicedo, Andrey Santos; Gittens (Estevao 66), Buonanotte (Fernandez 69), Garnacho (Neto 84); Guiu (Delap 69).

IT'S MILES BETTER

BY **RYAN TAYLOR**

CHARLTON might have shipped five goals and been dumped out of the FA Cup at the first time of asking but Miles Leaburn will not forget Saturday night in a hurry.

Not only did the 22-year-old, whose father Carl spent over 11 years at the club as a player, find the net against Chelsea but it was also the first time he had experienced a packed-out Valley.



The crowd of 26,475 meant it was the highest-attended FA Cup clash in Woolwich in more than 50 years.

Leaburn (above) said: "In the game we needed as much momentum as we could get, and the fans provided that for us. Because I didn't get to experience the play-off semi-final atmosphere [against Wycombe] on the pitch in May, it really was quite special.

"I was speechless, looking around thinking, 'This is what football is, this is what makes it special'. The gaffer always talks about us making The Valley a fortress and that is what we need to do and build upon our performances.

"It was a special occasion, the fans and the atmosphere was great and to get myself a goal, I am happy with that."

FA CUP ROUND-UP

VILLA WOULD BE REWARD FOR KOUMAS

LEWIS KOUMAS would love to sample a second-city derby after BIRMINGHAM'S 3-2 win at CAMBRIDGE.

Asked who he wants in round four after a rare away victory for Chris Davies' side, the Liverpool loanee (above) said: "Aston Villa."

Ashley Barnes admitted his ageing body let him down as he missed out on a first hat-trick after bagging two in BURNLEY'S 5-1 demolition of MILLWALL.

The veteran striker said: "I was ruined. My hamstring was getting tight and I was just trying to finish it off with a hat-trick."

Kai Andrews is concentrating on helping COVENTRY into the top flight after the 1-0 defeat by STOKE. The Wales midfielder said: "We can focus on the rest of the season now and hopefully get to where we want to be."

Jorgen Strand Larsen insists there's more to come from resurgent WOLVES beat SHREWSBURY 6-1 to make it four games unbeaten. After ending a 13-game drought, hat-trick hero Strand Larsen said: "We're starting to show what we can do."

Frankie Okoronkwo wasn't too downhearted after his DONCASTER debut ended in a 3-2 home defeat to SOUTHAMPTON. The on-loan Everton striker said: "Despite the result I loved it."

Hat-trick hero Emil Riis was left wanting more in BRISTOL CITY's 5-1 victory over WATFORD. The Danish forward said: "I could have had a couple more."

Ian Evatt insists IPSWICH will soon be back in the Premier League after BLACKPOOL'S 2-1 defeat at Portman Road. The Seasiders' boss said: "They'll get promoted."

Gary Bowyer admitted BURTON were handed extra motivation for the thumping 5-0 win at BOREHAM WOOD. The Brewers were made outsiders despite the two-division gap and boss Bowyer said: "There were one or two words written that provided extra motivation."

Henrik Pedersen invited BRENTFORD counterpart Keith Andrews in for a drink after the Bees' 2-0 win at troubled SHEFFIELD WEDNESDAY. The Owls boss joked: "We offer Coke Zero or beer.

"This season it's been mainly beer – sometimes we need it!"

LEAGUE 1 AND 2 ROUND-UP

BLUEBIRDS' BOSS HAILS 'BRAVE' SAL

BY **CHRIS PHILLIPS** and **JOSH LUCKHURST**

BRIAN BARRY-MURPHY was grateful for Yousef Salech's composure in front of goal as League One leaders CARDIFF drew 1-1 at LEYTON ORIENT.

Dom Ballard put Orient ahead following a howler from Bluebirds' goalkeeper Nathan Trott, but Salech struck as Cardiff increased their lead to four points over second-placed Lincoln.

"Some of our shots were a bit wild and reckless," said Cardiff boss Barry-Murphy (above). "Yousef played a really good game, he was really brave and led the line well. He led well from the front."

Lee Grant was left questioning HUDDERSFIELD's courage under fire after a last-gasp 1-0 defeat to play-off rivals STOCKPORT, who struck deep into stoppage time through Benony Andresson.

"We've still got another gear to find when it comes to our bravery, particularly away from home," said Grant (inset). "I don't think we showed enough confidence and self-belief, individually or collectively."

Jack Wilshere, by contrast, hailed LUTON's character after they came from behind to defeat STEVENAGE 2-1. The Hatters trailed to Lewis Freestone's header, but equalised straight away through Jordan Clark before Gideon Kodua bagged the winner.

And boss Wilshere said: "I'm glad the players are starting to believe in it now because we've got some really big characters in there."

PETERBOROUGH's renaissance under Luke Williams continued as goals from Jimmy-Jay Morgan, Matthew Garbett and Kyrell Lisbie lifted them to a 3-1 victory over play-off chasing BOLTON.

In League Two, Michael Cheek scored twice as leaders BROMLEY racked up a seventh straight win and stretched their advantage at the top to five points with a 2-0 victory at TRANMERE.

Tom Cursons hit a stoppage-time equaliser for bottom club HARROGATE as they claimed an unlikely 1-1 draw at CREWE, who had led through Calum Agius' close-range finish.

SHOOTING STARS
Toon players go wild after beating Bournemouth 7-6 in FA Cup penalty shootout

FA CUP 3RD ROUND

NEWCASTLE		BOURNEMOUTH
63%	POSSESSION	37%
7	SHOTS ON TARGET	13
13	SHOTS OFF TARGET	6
3.86	EXPECTED GOALS	2.46
7	CORNERS	5
3	OFFSIDE	1
7	FOULS	21
🟥 0 🟨 1	CARDS	🟨 5 🟥 0

REF: Thomas Bramall

MAN OF THE MATCH
HARVEY BARNES

BLACK & FIGHT ARMY

It's City up next for tired Toon but Howe believes his team have the character to prevail

NEWCASTLE UTD	3
BOURNEMOUTH	3

Newcastle win 7-6 on pens

BY **DAMIAN SPELLMAN**

NEWCASTLE boss Eddie Howe hopes his battle-weary troops can take their indomitable spirit into the Carabao Cup semi-final showdown with Manchester City after staging another late show.

Four days after scoring twice in stoppage time to seal a 4-3 Premier League win over Leeds, the Magpies netted a last-gasp penalty to take Saturday's FA Cup third round clash with Bournemouth into extra time and ultimately a successful penalty shootout.

Victory came at a cost with Tino Livramento suffering a hamstring injury (inset), which will see him join fellow defenders – Fabian Schar, Dan Burn, Jamaal Lascelles and Emil Krafth – on the sidelines, with Sven Botman still working his way back to full match fitness.

But Howe was buoyed by his team's latest display of character. Toon face City tomorrow night in the first leg at St James' Park and he said: "The spirit has been really good. The players' togetherness, unity and feeling have been excellent all season, really.

"That's key for me because you're never going to have it your own way, you're always going to have dips, but it's just keeping things as level as you can in those moments because you know you've got the quality to come again.

"When you're in a good moment, you just want it to last for as long as possible. We're playing against the hardest team over two legs we could have got in the draw, and we'll really look forward to going against them and see what we can do."

The Carabao Cup holders have their work cut out if they are to gain a foothold in the tie, with their squad stretched once again and having conceded six goals to Leeds and Bournemouth.

Howe (below) added: "I do like an attacking team, I do want to see us have shots at goal, I do want us to create chances, I do want us to be attacking in our intent and I think I've seen that from the players in the last two games.

"Then, of course, you want some control, you want to be defensively solid with that. I don't think we've necessarily seen that in the last two games, so I think that's the area where we need to do better."

Cherries boss Andoni Iraola left Tyneside with mixed feelings after seeing his side prosper without the departed Antoine Semenyo, who joined Manchester City in a £62.5million move on Friday, but come up just short.

Iraola said: "For us, it has been a difficult week because we've lost Antoine and we lost Justin Kluivert [to a knee injury], who are massive players for us especially offensively, players that have scored in the last season and a half a lot of goals for us.

"It's very difficult to replace them, even if we are going to sign players and we will go to the market. But now, in the January market, to replace this level of player is almost impossible for us."

NEWCASTLE (4-2-3-1): Ramsdale; Livramento (Hall 59), Botman, Thiaw, Trippier (Miley 69); Ramsey (Guimaraes 79), Tonali; Barnes, Woltemade, Willock (Joelinton 70); Wissa (Gordon 69)

BOURNEMOUTH (4-2-3-1): Petrovic; Soler (Truffert 83), Diakite, Hill, Smith; Scott (Rees-Dottin 112), Cook; Adli (Tavernier 71), Kroupi (Senesi 90), Brooks (Alex Jimenez 71); Unai (Evanilson 28)

SHOOTOUT HERO RAMSDALE LOOKS TO THE FUTURE

BY **SEAN McCORMICK**

AARON RAMSDALE is hopeful he will have more days in the future at Newcastle United like Saturday's penalty shootout win over Bournemouth.

Ramsdale was the hero as he saved three spot-kicks at St James' Park to send the Magpies through to the FA Cup fourth round after the two sides played out a 3-3 draw over 120 minutes. The England keeper made his mark with some big saves in the game, as well as the shootout.

But while he has largely been second-choice between the sticks for Toon this season, Ramsdale (right) has started every match so far in the FA Cup and Carabao Cup, and he was proud to make a "little indent in the club's history" with his contribution in a dramatic FA Cup win.

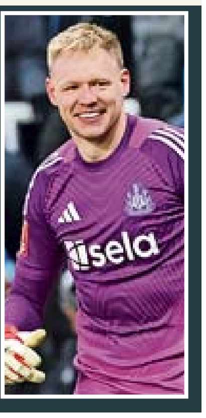
"Absolutely," 27-year-old Ramsdale said when asked if it was nice to finally have his big moment at the club.

"I knew the situation coming in. I had a fight on my hands with Nick [Pope]. There were no promises I would even get in the team. Obviously, Nick having a little injury brought me to the forefront.

"Now there's some little sort of indent in the club's history.

"It's not a massive one, it's only the third round of the FA Cup, but I've helped the team in this instance to get through.

"I look forward to more days like this, hopefully, for me at this football club in the future."



LEAGUE ONE

BRADFORD P **ROTHERHAM** P
Postponed - due to frozen pitch.

LEYTON ORIENT (1) 1 **CARDIFF** (1) 1
Ballard 12
Salech 33
ATT: 8,423

Leyton Orient: Cahill, James, Forrester, Simpson, Craig (Abdulai 61), Clare, Bakinson, Archibald, O'Neill, Ballard, Lloyd (Koroma 75). **Booked:** Archibald 55.
Cardiff: Trott, Ng, Fish, Osho, Bagan (Kpakio 60), Wintle, Robertson (Robinson 86), Tanner (Davies 61), Kellyman (Turnbull 42), Willock, Salech. **Booked:** Tanner 55.
Ref: Scott Oldham.

LUTON (0) 2 **STEVENAGE** (0) 1
Clark 55
Kodua 64
Freestone 53
ATT: 11,434

Luton: Keeley, Lonwijk, Andersen, Makosso, Johnson, Walsh, Dabo (Morris 46), Kodua (Saville 90), Clark, Lawrence (Bramall 62), Wells (Yates 77). **Booked:** Lonwijk 22.
Stevenage: Marschall, James Wildin, Goode, Piergianni, Freestone, Phillips (Houghton 70), White (Thompson 70), Roberts (Sweeney 90), Kemp (Malcolm 84), Patterson (Campbell 70), Reid. **Booked:** Roberts 69, Freestone 90.
Ref: Simon Mather.

PETERBOROUGH (1) 3 **BOLTON** (0) 1
Morgan 34
Garbett 54
Lisbie 66
Dalby 65
ATT: 7,838

Peterborough: Bass, Kioso, Lees, O'Connor, Johnston (Dornelly 90), Collins, Khela (O'Brien-Brady 71), Garbett (Hayes 90), Morgan (Aderoju 82), Lisbie (Frith 83), Leonard. **Booked:** Kioso 81, Hayes 90.
Bolton: Miller, Osei-Tutu, Toal, Johnston, Conway, Erhahon (Simons 46), Sheehan (Christie 44), Cozier-Duberry (Forss 58), Gale (Dalby 45), Burstow, Dempsey (Morley 69).
Ref: Ollie Yates.

STOCKPORT COUNTY (0) 1 **HUDDERSFIELD** (0) 0
Andresson 90
ATT: 9,486

Stockport County: Hinchliffe, Hunt, Hills, Pye, Edun (Stokes 66), Norwood, Osborn (Okeke 90), Fevrier, Bailey (Moxon 90), Diamond (Andresson 66), Wootton. **Booked:** Bailey 45, Pye 58, Norwood 90.
Huddersfield: Nicholls, Balker, Low, Wallace, Gooch, Ledson, Humphreys, Roosken, Charles (Taylor 87), Harness (Alves 69), Radulovic. **Booked:** Gooch 90.

	P	W	D	L	F	A	Pts
Cardiff	25	16	4	5	43	25	52
Lincoln City	25	14	6	5	40	26	48
Bradford	24	13	7	4	34	25	46
Stockport Cty	25	12	6	7	34	30	42
Huddersfield	26	11	6	9	45	35	39
Bolton	25	10	9	6	32	25	39
Luton	25	11	5	9	35	30	38
Stevenage	23	10	7	6	27	20	37
Reading	24	9	8	7	32	28	35
Peterborough	25	11	2	12	33	34	35
Wycombe	25	8	9	8	32	28	33
Mansfield	23	9	5	9	31	28	32
AFC Wimbledon	24	9	4	11	27	33	31
Exeter	24	9	3	12	25	23	30
Wigan	24	7	9	8	26	27	30
Plymouth	25	9	3	13	32	39	30
Barnsley	21	8	5	8	33	33	29
Leyton Orient	25	8	5	12	36	42	29
Blackpool	25	8	5	12	31	37	29
Northampton	24	8	5	11	22	28	29
Burton Albion	24	7	6	11	23	34	27
Rotherham	24	6	6	12	22	35	24
Doncaster	24	6	5	13	24	41	23
Port Vale	23	4	6	13	18	31	18

PREMIER LEAGUE

	P	W	D	L	F	A	Pts
Arsenal	21	15	4	2	40	14	49
Man City	21	13	4	4	45	19	43
Aston Villa	21	13	4	4	33	24	43
Liverpool	21	10	5	6	32	28	35
Brentford	21	10	3	8	35	28	33
Newcastle	21	9	5	7	32	27	32
Man Utd	21	8	8	5	36	32	32
Chelsea	21	8	7	6	34	24	31
Fulham	21	9	4	8	30	30	31
Sunderland	21	7	9	5	21	22	30
Brighton	21	7	8	6	31	28	29
Everton	21	8	5	8	23	25	29
Crystal Palace	21	7	7	7	22	23	28
Tottenham Hotspur	21	7	6	8	30	27	27
Bournemouth	21	6	8	7	34	40	26
Leeds	21	5	7	9	29	37	22
Nottm Forest	21	6	3	12	21	34	21
West Ham	21	3	5	13	22	43	14
Burnley	21	3	4	14	22	41	13
Wolves	21	1	4	16	15	41	7

SCORERS

Braut Haaland (Man City)	20
Thiago (Brentford)	16
Semenyo (Man City) 10 for AFC Bournemouth	10
Calvert-Lewin (Leeds)	9
Guimaraes (Newcastle)	8
Welbeck (Brighton)	8
Ekitike (Liverpool)	8
Mateta (Crystal Palace)	8
Junior Kroupi (AFC Bournemouth)	7
Wilson (Fulham)	7
Rogers (Aston Villa)	7
Woltemade (Newcastle)	7
Watkins (Aston Villa)	7
Foden (Man City)	7
Andrade Richarlison (Tottenham Hotspur)	7
Mbeumo (Man Utd)	6

THE EMIRATES FA CUP THIRD ROUND

Emirates FA CUP

MK DONS (1) 1 **OXFORD UTD** (0) 1
Collins 34
Lankshear 52
ATT: 5,902
AET: Score after 90 mins 1-1. Oxford Utd win 4-3 on penalties.
MK Dons: MacGillivray, Jones (Burke 98), Sanders, Offord, Thompson-Sommers (Kelly 72), Lemonheigh-Evans, Crowley (Leko 79), Wiles (Matete 72), Nemane (Tripp 60), Hogan (Paterson 72), Collins. **Booked:** Paterson 96. **Oxford Utd:** Ingram, Long, Helik, Davies, Currie, Vaulks (De Keersmaecker 66), Brannagan (Krastev 65), Mills (Phillips 98), Donley (Peart-Harris 17), Dembele (Romeny 66), Lankshear (Harris 90). **Ref:** Paul Howard.

PORT VALE (1) 1 **FLEETWOOD TOWN** (0) 0
Shipley 45
ATT: 3,366
Port Vale: Gauci, Clark, Heneghan, Humphreys, Johnson (Headley 75), Hall (Faal 62), Byers, Shipley, Waine (Brown 78), Stockley (Croasdale 62), Cole. **Booked:** Shipley 69, Gauci 85.
Fleetwood Town: Harrington, Mullarkey (Rooney 59), Haughey, Medley, Neal (Hughes 59), Helm, J Davies (Virtue 71), Bonds, Ennis, McCann (Evans 42), W Davies (Devonport 72).
Booked: Mullarkey 25, Neal 52. **Ref:** Ben Speedie.

PRESTON (0) 0 **WIGAN** (0) 1
ATT: 14,366
Bettoni 75
Preston: Iversen, Storey, Lindsay (Potts 81), Gibson (Hughes 46), Valentin, Thompson, McCann, Small, Frokjaer-Jensen (Smith 64), Jebbison (Osmajic 65), Dobbin (Devine 72).
Booked: Thompson 90. **Wigan:** Tickle, Aimson, Carragher, Fox, Borges Rodrigues, Weir, Smith, Hungbo, Bettoni, Wright, Costelloe (Saydee 90). **Booked:** Costelloe 71. **Ref:** Oliver Langford.

WREXHAM (2) 3 **NOTTM FOREST** (0) 3
Cacace 37
Rathbone 40
Hyam 74
Igor Jesus 64
Hudson-Odoi 76, 90
ATT: 10,603
AET: Score after 90 mins 3-3. Wrexham win 4-3 on penalties.
Wrexham: Okonkwo, Hyam, Scarr, Doyle, Longman (Barnett 91), Sheaf (McClean 88), Dobson, Cacace (Thomason 60), Rathbone (O'Brien 69), Broadhead (Windass 69), Smith (Rodriguez 100). **Booked:** Windass 120. **Nottm Forest:** Sels, Savona (Murillo 97), Jair Cunha, Morato, Zinchenko (Williams 46), Douglas Luiz (Awoniyi 88), McAtee (Dominguez 46), Ndoye (Hudson-Odoi 69), Hutchinson, Bakwa (Gibbs-White 46), Igor Jesus. **Booked:** Douglas Luiz 87, Hutchinson 87, Morato 112, Dominguez 113. **Ref:** Paul Tierney.

BOREHAM WOOD (0) 0 **BURTON ALBION** (2) 5
Lofthouse 35
O'Connell 41 (og)
Tavares 67, Williams 83
McKiernan 90
ATT: 2,201
Boreham Wood: Curd, Coxe (Kensdale 61), Reynolds (Marshall 73), Bush, Newton (Clayden 84), O'Connell, Booty, Richardson (Robinson 61), Brunt (Norris 73), Abdulmalik, Rush. **Booked:** Robinson 75, Rush 77.
Burton Albion: Dudek, Sibbick, Vancooten, Armer, Evans (Newall 90), Lofthouse, Krubally (Taroni 84), Chauke (Scutt 90), Williams, Adom (Tavares 60), Larsson (McKiernan 84). **Booked:** Chauke 28, Krubally 32, Williams 57, Armer 87.
Ref: Andrew Humphries.

BRISTOL CITY (2) 5 **WATFORD** (0) 1
Jakobsen 2, 68, 76
Mehmeti 37
Atkinson 66
Grieves 74
ATT: 13,291
Bristol City: Lumley, Tanner, Dickie, Atkinson (Hirakawa 72), Vyner, Knight (Randell 59), Morsy, Borges, Bell (Earthy 59), Mehmeti (Twine 58), Jakobsen (Armstrong 83). **Booked:** Lumley 79.
Watford: Baxter, Abankwah, Pollock (Bola 63), Keben, Morris, Petris, Louza (Grieves 63), Sissoko (Baah 62), N Mendy, Irankunda, Semedo. **Booked:** Abankwah 60.
Ref: Tom Reeves.

BURNLEY (3) 5 **MILLWALL** (0) 1
Barnes 11, 65
Tchaouna 35
Anthony 44
Banel 89
Coburn 90
ATT: 6,856
Burnley: Weiss, Sonne, Ekdal, Esteve, Hartman, Ugochukwu (Florentino 66), Laurent (Mejbri 66), Tchaouna, Bruun Larsen (Banel 78), Anthony, Barnes. **Booked:** Sonne 42, Tchaouna 80, Mejbri 85.
Millwall: Benda, Leonard (McNamara 66), Grant, Cooper, Bryan, Bangura-Williams, Mitchell (Howland 62), Doughty (Matthews 83), Ballo (Lamptey 66), Emakhu, Langstaff (Coburn 61). **Booked:** Leonard 34.
Ref: Anthony Backhouse.

CAMBRIDGE UTD (0) 2 **BIRMINGHAM** (2) 3
KaiKai 80, 89
Wagner 31
Furuhashi 42
Ducksch 78
ATT: 6,241
Cambridge Utd: Eastwood, Bennett, Jobe, Ibsen Rossi, Gibbons (Purrington 74), Ball (Lavery 63), Hoddle, Knight, Mpanzu (McLoughlin 74), Brophy (KaiKai 63), Appere. **Booked:** Hoddle 88.
Birmingham: Beadle, Iwata, Klarer, Robinson (Neumann 77), Wagner, Doyle, Paik, Roberts (Willumsson 75), Ducksch, Koumas (Sampsted 90), Furuhashi (Fujimoto 76).
Ref: Matthew Corlett.

CHARLTON (0) 1 **CHELSEA** (1) 5
Leaburn 57
Hato 45, Adarabioyo 50
Guiu 62, Pedro Neto 90
Fernandez 90 (pen)
ATT: 26,475
Charlton: Mannion, Gough, Jones, Bell (Olaofe 74), Coventry (Anderson 66), Bree, Carey, Docherty (Rankin-Costello 67), Campbell (Knibbs 82), Leaburn, Kelman (Gillesphey 66).
Chelsea: Jorgensen, Acheampong, Adarabioyo, Badiashile, Hato (Fofana 85), Caicedo, Santos, Bynoe-Gittens (Estevao 66), Buonanotte (Fernandez 69), Garnacho (Pedro Neto 85), Guiu (Delap 69). **Booked:** Badiashile 5. **Ref:** Christopher Kavanagh.

CHELTENHAM (0) 0 **LEICESTER** (2) 2
Daka 23
Mavididi 45
ATT: 6,677
Cheltenham: Day, Tomkinson, Cundy, Wilson, Nurse, Stevenson, Martin (Power 77), Young, Kinsella (Taylor 70), Thomas (Harmon 77), Bickerstaff. **Booked:** Tomkinson 87.
Leicester: Begovic, Aluko, Nelson, Vestergaard (Okoli 55), L Thomas, Choudhury, Skipp, S Thomas (Monga 70), Page, Mavididi (Marcal-Madivadua 90), Daka (Ayew 70). **Booked:** L Thomas 87.
Ref: James Linington.

DONCASTER (0) 2 **SOUTHAMPTON** (3) 3
Pearson 48
Gibson 59
Bragg 8
Archer 24
Matsuki 41
ATT: 7,671
Doncaster: Lo-Tutala, Sterry, Pearson, McGrath (Maxwell 54), Senior (Robinson 84), Gotts (Hanlan 85), Molyneux, Bailey, Gibson (Sharp 76), Adelakun (Middleton 76), Okoronkwo.
Booked: McGrath 36, Pearson 67, Gotts 78.
Southampton: Peretz, Jelert (Wood-Gordon 62), Harwood-Bellis, Quarshie, Welington, Downes, Bragg (Jander 75), Fellows, Matsuki (Armstrong 87), Robinson (Scienza 62), Archer (Stewart 74). **Booked:** Matsuki 36, Downes 84.
Ref: John Busby.

EVERTON (0) 1 **SUNDERLAND** (1) 1
Garner 89 (pen)
Le Fee 30
AET - Score after 90 mins 1-1. Sunderland win 3-0 on penalties.
Everton: Pickford, Patterson (Welch 116), Tarkowski, O'Brien, Mykolenko (Campbell 104), Rohl (Aznou 86), Garner, Dibling (Barry 75), Armstrong, McNeil, Beto. **Booked:** Barry 90.
Sunderland: Roefs, Hume, Mukiele, O'Nien, Cirkin, Xhaka, Sadiki, Adingra (B Brobbey 71 (Isidor 106)), Le Fee, Mundle, Mayenda (Ballard 71). **Booked:** Sadiki 45, Xhaka 88, Ballard 90, Mukiele 109, Hume 115.
Ref: John Brooks.

FULHAM (0) 3 **MIDDLESBROUGH** (1) 1
Wilson 60
Smith Rowe 77
Kevin 90
Hackney 30
ATT: 20,675
Fulham: Lecomte, Castagne, Diop, Cuenca, Sessegnon (Robinson 66), Reed (Cairney 56), Lukic, Traore (Wilson 57), Smith Rowe (Berge 86), Kevin, Kusi-Asare (Jimenez 56).
Booked: Cuenca 72.
Middlesbrough: Brynn, Browne, Ayling (Fry 80), Malanda, Targett (Hansen 86), Morris, Hackney (Nypan 81), Silvera, Gilbert, Whittaker (Ibeh 80), Conway (Burgzorg 63). **Booked:** Gilbert 26, Burgzorg 68.
Ref: Lewis Smith.

GRIMSBY (1) 3 **WESTON-S-MARE** (0) 2
Vernam 41
Kabia 70
Green 86
Coulson 49
Britton 77
ATT: 4,851
Grimsby: Smith, Warren (Rodgers 90), Lavelle, McJannett, Staunton, McEachran (Turi 84), Burns, Walker (Green 60), Khouri, Vernam (Sellars-Fleming 84), Soonsup-Bell (Kabia 60).
Booked: Khouri 76.
Weston-S-Mare: Harris, Smith, Lewis, Avery (Wilson 90), Pope, Bernard (Robesten 71), Spokes (Ellison 90), Dawes (Dewsbury 63), Cummins (Jagger-Cane 90), Coulson, Britton. **Booked:** Cummins 8. **Ref:** Martin Coy.

IPSWICH (1) 2 **BLACKPOOL** (0) 1
Philogene-Bidace 35
Greaves 87
Fletcher 90 (pen)
ATT: 27,527
Ipswich: Palmer, Young, Kipre, Greaves, Johnson (Baggott 89), Matusiwa, Taylor, Burns (Szmodics 73), Clarke (Walle 73), Philogene-Bidace (McAteer 73), Akpom (Azon 73). **Booked:** Young 23, Burns 48.
Blackpool: Peacock-Farrell, Imray, Lyons, Casey, Ashworth, Hamilton, Honeyman (Banks 77), Evans (Brown 62), Morgan, Fletcher, Bloxham (Bowler 70). **Booked:** Lyons 47, Imray 86.
Ref: Thomas Parsons.

MACCLESFIELD FC (1) 2 **CRYSTAL PALACE** (0) 1
Dawson 43
Buckley-Rickett 61
Pino 90
ATT: 5,348
Macclesfield FC: Dearnley, Fensome, Heathcote, Menayese, Lacey (Borthwick-Jackson 80), Edmondson, Duffy (Matheson 79), Kay (Dos Santos 80), Dawson, Buckley-Rickett, Mellor (Whitehead 90). **Booked:** Kay 45, Heathcote 79.
Crystal Palace: Benitez, Canvot (Mitchell 46), Richards, Guehi, Devenny (Casey 75), Wharton, Rodney (Hughes 46), Sosa, Drakes-Thomas (Johnson 46), Pino, Uche. **Booked:** Sosa 62, Guehi 76. **Ref:** Tim Robinson.

MAN CITY (4) 10 **EXETER** (0) 1
Alleyne 12
Rodri 24
Doyle-Hayes 42 (og)
Fitzwater 45 (og)
Lewis 49, 90
Semenyo 54
Reijnders 71
O'Reilly 79
McAidoo 86
Birch 90
Man City: Trafford, Lewis, Khusanov, Alleyne (Silva 64), Ake (Mfuni 46), Rodri (O'Reilly 46), McAidoo, Cherki, Reijnders, Semenyo (Doku 64), Haaland (Mukasa 46).
Exeter: Whitworth, Turns, Fitzwater, Woodhouse, Niskanen, Doyle-Hayes, Brierley (Francis 82), Oakes (Birch 82), Cole (Higgins 59), Aitchison (Mendes Gomes 59), Wareham (Magennis 46). **Booked:** Woodhouse 81.
Ref: Adam Herczeg.

NEWCASTLE (0) 3 **BOURNEMOUTH** (0) 3
Barnes 50, 118
Gordon 90 (pen)
Scott 62
Brooks 68
Tavernier 120
AET: Score after 90 mins 2-2; Newcastle win 7-6 on penalties.
Newcastle: Ramsdale, Trippier (Miley 70), Thiaw, Botman, Livramento (Hall 59), Tonali, Ramsey (Guimaraes 79), Willock (Joelinton 70), Woltemade, Barnes, Wissa (Gordon 69).
Booked: Guimaraes 90.
Bournemouth: Petrovic, Smith, Hill, Diakite, Soler (Truffert 83), Cook, Scott (Rees-Dottin 112), Brooks (Jimenez 71), Junior Kroupi (Senesi 91), Adli (Tavernier 71), Unal (Evanilson 28).
Booked: Soler 76, Scott 81, Tavernier 86, Petrovic 90, Cook 95.
Ref: Thomas Bramall.

SALFORD CITY P **SWINDON** P
Postponed - due to frozen pitch.

SHEFF WED (0) 0 **BRENTFORD** (1) 2
Lewis-Potter 27
Jensen 64 (pen)
ATT: 10,642
Sheff Wed: Charles (Stretch 60), Fusire, Emery, Otegbayo, McGhee, Alao (Johnson 60), Shipston (Redmond 61), Thornton, Ingelsson, McNeill (Grainger 90), Cadamarteri (Moses 77).
Brentford: Valdimarsson, Hickey, Pinnock, van den Berg (Kayode 89), Henry (Arthur 80), Henderson (Janelt 46), Jensen (Konak 90), Donovan, Damsgaard, Nelson (Nunes Gomes 70), Lewis-Potter.
Ref: Josh Smith.

STOKE (0) 1 **COVENTRY** (0) 0
Cisse 88
ATT: 13,894
Stoke: Simkin, Talovierov, Phillips, Wilmot, Lawal, Seko, Pearson, Manhoef (Thomas 76), Rigo (Bae 76), Cisse, Mubama (Gallagher 76). **Booked:** Talovierov 34, Pearson 39, Seko 43, Cisse 67.
Coventry: Wilson, Woolfenden, Eccles, Kitching (van Ewijk 79), Latibeaudiere, Andrews, Rudoni (Sakamoto 73), Bidwell, Esse, Wright (Simms 73), Yang (Mason-Clark 72). **Booked:** Kitching 37.
Ref: Tom Nield.

TOTTENHAM (0) 1 **ASTON VILLA** (2) 2
Odobert 54
Buendia 22
Rogers 45
ATT: 57,718
Tottenham: Vicario , Porro (Spence 83), Danso, van de Ven, Davies, Gray, Joao Palhinha, Odobert (Solanke 83), Simons, Tel (Scarlett 78), Richarlison (Muani 31). **Booked:** Gray 57, Porro 80, Joao Palhinha 85.
Aston Villa: Bizot, Cash (Garcia 79), Konsa, Torres, Maatsen (Digne 78), Kamara (Tielemans 9), Bogarde, McGinn (Sancho 65), Rogers, Buendia, Malen (Watkins 65). **Booked:** Buendia 67, Garcia 81.
Ref: Craig Pawson.

WOLVES (3) 6 **SHREWSBURY** (1) 1
Larsen 9, 41, 58
Arias 11
Gomes 86
Arokodare 90
Marquis 26 (pen)
ATT: 24,258
Wolves: Johnstone, Doherty, S Bueno, Krejci, Tchatchoua (Gomes 60), Arias (Pedro Lima 84), Andre Trindade, Joao Gomes (Mane 61), Wolfe, Hwang (Lopez 74), Larsen (Arokodare 74). **Booked:** Andre Trindade 90.
Shrewsbury: Harrison, Anderson, Hoole, Boyle, Kabia, Perry, Ruffels (Loughran 75), Clucas, McDermott, Marquis, Morgan (Ogunsuyi 75). **Booked:** Ruffels 14, Anderson 69.
Ref: Stephen Martin.

DERBY (1) 1 **LEEDS** (0) 3
Brereton Diaz 35
Gnonto 55, Tanaka 59, Justin 90
ATT: 21,741
Derby: Zetterstrom, Ward, Langas, Batth, Forsyth, Brereton Diaz, Fraulo (Adams 46), Travis (Ozoh 63), Blackett-Taylor (Brewster 63), Clark (Eames 73), Salvesen (Agyemang 73).
Leeds: Darlow, Bornauw (Justin 46), Bijol, Ampadu, Gnonto (Byram 86), Tanaka, Gruev (Longstaff 73), Harrison, Piroe (Stach 89), Nmecha, Okafor (Aaronson 89).
Ref: Anthony Taylor.

HULL (0) 0 **BLACKBURN** (0) 0
ATT: 6,627
AET - Score after 90 mins 0-0. Hull win 4-3 on penalties.
Hull: Phillips, Drameh (Jacob 111), Famewo (Egan 106), Hughes, Coyle, Palmer (Joseph 82), Hadziahmetovic, Ndala (Akintola 82), Gyabi (Slater 11), Millar (McCarthy 90), McBurnie.
Blackburn: Toth, Atcheson, O'Riordan (Pratt 91), Cashin (McLoughlin 75), Miller, Gardner-Hickman, Montgomery (Baradji 55), De Neve (Yuri Ribeiro 75), Powell (Ohashi 69), Henriksson, Dlamini (Doherty 69). **Ref:** Will Finnie.

MAN UTD (0) 1 **BRIGHTON** (1) 2
Sesko 85
Gruda 12
Welbeck 64
Man Utd: Lammens, Dalot, Yoro, Martinez (Maguire 79), Dorgu, Ugarte (Casemiro 79), Mainoo (Zirkzee 62), Mount (Lacey 62), Fernandes, Cunha, Sesko.
Brighton: Steele, Veltman (Ayari 77), Coppola, Boscagli, Kadioglu, Hinshelwood, Gross, Gruda (Watson 90), Rutter (Kostoulas 83), Gomez (van Hecke 77), Welbeck (Mitoma 78).
Ref: Simon Hooper.

NORWICH (2) 5 **WALSALL** (0) 1
Jurasek 15, Makama 24, 48, 55, Springett 90
Clarke 67
ATT: 19,776
Norwich: Grimshaw, Stacey, McConville (Medic 59), Cordoba, Chrisene, Mattsson, Wright (Gibbs 85), Jurasek (Springett 75), Kvistgaarden, Ben Slimane (Mundle-Smith 75), Makama (Schwartau 59).
Walsall: Roberts, Farquharson (Browne 55), Flint, Weir, Barrett, Jellis (Pattison 72), Comley (Clarke 46), Lakin, Harper, Pressley (Adomah 46), Kanu (Matt 72). **Ref:** Edward Duckworth.

PORTSMOUTH (1) 1 **ARSENAL** (2) 4
Bishop 3
Dozzell 8 (og), Martinelli 25, 51, 72
ATT: 20,611
Portsmouth: Bursik, Devlin, Poole, Shaughnessy (Ogilvie 62), Swanson (Williams 73), Dozzell, Le Roux (Pack 62), Segecic (Swift 73), Chaplin, Blair (Umeh 40), Bishop.
Arsenal: Arrizabalaga, White (Timber 69), Norgaard, Gabriel (Salmon 76), Lewis-Skelly, Nwaneri (Odegaard 69), Merino, Eze, Madueke, Gabriel Jesus (Havertz 69), Martinelli (Zubimendi 82). **Ref:** Tony Harrington.

SHEFF UTD (1) 3 **MANSFIELD** (2) 4
Hamer 20, Bamford 61
Moriah-Welsh 65 (og)
Reed 13, 44, Akins 50, Oates 57
ATT: 17,514
Sheff Utd: A Davies, Hoever (Seriki 57), McGuinness, Mee, Burrows, Chong (Brooks 57), Arblaster (Riedewald 84), Soumare (T Davies 70), Hamer, Ings (Bamford 56), Campbell.
Mansfield: Roberts, Oshilaja, Sweeney, Cargill, Akins, McDonnell (Lewis 76), Reed, Blake-Tracy, Moriah-Welsh (Russell 76), Oates (Adeboyejo 76), Evans (McLaughlin 84). **Ref:** Gavin Ward.

SWANSEA (0) 2 **WEST BROM** (0) 2
Eom 48, Inoussa 112
Maja 53, Wallace 108
ATT: 9,981
AET - Score after 90 mins 1-1. West Brom win 6-5 on penalties.
Swansea: Fisher, Galbraith, Cabango, Casey (Burgess 61), Tymon, Stamenic (Fulton 82), Ronald (Key 107), Goncalo Franco (Ward 61), Widell (Yalcouye 83), Eom (Inoussa 83), Vipotnik (Wales 105).
West Brom: Griffiths, Gilchrist (Campbell 77), Bielik (Phillips 105), Mepham, Taylor, Diakite (H Whitwell 89 (Wallace 100)), Styles, Johnston (Ahearne-Grant 105), Price, Maja (Heggebo 77), Dike (Bostock 60). **Ref:** Elliot Bell.

WEST HAM (1) 2 **QPR** (0) 1
Summerville 45, Castellanos 98
Kone 65
AET - Score after 90 mins 1-1.
West Ham: Hermansen, Todibo, Mavropanos (Pablo Felipe 45), Kilman, Wan-Bissaka (Walker-Peters 91), Magassa (Soucek 70), Potts, Mayers (Scarles 91), Bowen, Castellanos (Rodriguez 111), Summerville.
QPR: Walsh, Mbengue (Adamson 100), Dunne, Cook, Norrington-Davies (Field 83), Dembele (Bennie 83), Hayden, Madsen, Saito (Smyth 18), Kone, Kolli (Morgan 90). **Ref:** Thomas Kirk.

LEAGUE TWO

ACCRINGTON STANLEY P **BARNET** P
Postponed - due to frozen pitch.

CHESTERFIELD P **COLCHESTER** P
Postponed - due to frozen pitch.

CREWE (0) 1 **HARROGATE TOWN** (0) 1
Agius 61
Cursons 90
ATT: 24,622
Crewe: Lawlor, Billington, Connolly, Demetriou, Hutchinson, Sanders, Holicek (Powell 75), O'Reilly (Finney 84), Lunt, Agius, March (Thibaut 67). **Booked:** Lawlor 90, Thibaut 90.
Harrogate Town: Oxley, Horton, O'Connor, Jameson (Burrell 46), Morris, Cass, Thomson, Smith, Evans, McCoulsky (Cursons 82), Bennett (Muldoon 65). **Booked:** Jameson 22.
Ref: Charles Breakspear.

OLDHAM P **NOTTS COUNTY** P
Postponed - due to frozen pitch.

TRANMERE (0) 0 **BROMLEY** (1) 2
Cheek 2, 57
ATT: 5,930
Tranmere: Barrett, McGowan (Bristow 84), Smith, Brough, Norman, Finley, Smallwood (Blacker 66), Joseph, Whitaker, Dennis (Davison 66), Ironside (Jennings 66). **Booked:** Ironside 15, Brough 49.
Bromley: Smith, Ifill, Sowunmi, Elerewe, Odutayo, Charles, Whitely (Ilunga 85), Hondermarck (Thompson 90), Arthurs, Pinnock, Cheek (Kabamba 66). **Booked:** Odutayo 41, Cheek 59, Hondermarck 73.

	P	W	D	L	F	A	Pts
Bromley	25	15	6	4	44	27	51
Swindon	24	14	4	6	39	26	46
Walsall	24	13	4	7	32	23	43
Salford City	24	13	4	7	35	31	43
MK Dons	25	11	8	6	46	28	41
Cambridge Utd	24	11	8	5	28	19	41
Chesterfield	25	10	10	5	42	35	40
Notts County	24	11	6	7	36	26	39
Colchester	24	9	9	6	38	28	36
Crewe	25	10	6	9	39	33	36
Barnet	24	9	8	7	32	26	35
Grimsby	24	9	7	8	35	30	34
Fleetwood Town	24	9	7	8	32	30	34
Accrington Stanley	24	9	6	9	27	26	33
Oldham	24	7	11	6	24	19	32
Gillingham	24	7	11	6	31	28	32
Tranmere	25	8	8	9	39	39	32
Cheltenham	25	9	3	13	25	41	30
Barrow	24	6	6	12	26	35	24
Bristol Rovers	24	6	3	15	21	44	21
Crawley Town	25	4	7	14	28	45	19
Shrewsbury	24	4	7	13	21	41	19
Harrogate Town	25	4	6	15	19	40	18
Newport County	24	4	5	15	24	43	17

WEEK AHEAD

(7.45 unless stated)

TODAY

Emirates FA Cup Third Round
Liverpool v Barnsley
Vertu Trophy Third Round
AFC Wimdon v West Ham U21 (7)

TUESDAY

Carabao Cup Semi-Final First Leg
Newcastle v Man City (8)
Vertu Trophy Third Round
Bolton v Port Vale (7)
Bristol Rovers v Plymouth (7)
Doncaster v Fleetwood (7)
Huddersfield v Rotherham (7)
Luton v Swindon (7)
Stockport v Harrogate Tn (7)
KDM Evolution Trophy Rd of 16
Arbroath v East Fife
Ayr v Stranraer
Partick v Inverness CT
Queen's Park v Forfar
Stirling v Stenhousemuir
St Johnstone v Ross County
Enterprise National League
Eastleigh v Brackley
Southend v Gateshead
The FA Trophy Fourth Round
Woking v Macclesfield FC
Tamworth v Rochdale
Hornchurch v AFC Telford
FC Halifax v Anstey Nomads
Scunthorpe v Clitheroe
Kidderminster v Morecambe

WEDNESDAY

Carabao Cup Semi-Final First Leg
Chelsea v Arsenal (8)
Vertu Trophy Third Round
Northampton v Walsall (7)
William Hill Scottish Premiership
Falkirk v Celtic
Hearts v St Mirren
Africa Cup of Nations - Semi-finals
Senegal v Egypt (5)
Morocco v Nigeria (8)

THURSDAY

Women's FA Cup Fourth Rd
West Brom v Everton (7.30)

FRIDAY

Sky Bet Championship
West Brom v Middlesbro (8)
Scottish Cup Fourth Round
Rangers v Annan Athletic
Women's FA Cup Fourth Round
Newcastle v West Ham (7.30)

(3 unless stated)

SATURDAY

Premier League
Chelsea v Brentford
Leeds v Fulham
Liverpool v Burnley
Man Utd v Man City (12.30)
Nottm Forest v Arsenal (5.30)
Sunderland v Crystal Palace
Tottenham v West Ham
Sky Bet Championship
Charlton v Sheff Utd
Coventry v Leicester (12.30)
Ipswich v Blackburn (12.30)
Oxford Utd v Bristol City
Preston v Derby
Sheff Wed v Portsmouth
Southampton v Hull
Stoke v QPR
Swansea v Birmingham (5.30)
Watford v Millwall (12.30)
Wrexham v Norwich
Sky Bet League One
AFC Wimbledon v Doncaster
Barnsley v Blackpool
Bradford v Cardiff (12.30)
Burton Albion v Huddersfield
Exeter v Stevenage
Leyton Orient v Reading
Luton v Lincoln City
Mansfield v Port Vale
Northampton v Wycombe
Peterborough v Plymouth
Stockport v Rotherham
Wigan v Bolton (12.30)
Sky Bet League Two
Accrington v MK Dons
Bristol Rovers v Colchester
Chesterfield v Bromley (12.30)
Crawley Town v Notts County
Crewe v Barrow
Fleetwood v Cambridge Utd
Gillingham v Newport County
Grimsby v Barnet
Oldham v Cheltenham
Shrewsbury v Harrogate Town
Swindon v Salford City
Tranmere v Walsall (12.30)
Enterprise National League
Brackley v Yeovil
Braintree v Boreham Wood
Eastleigh v Aldershot
FC Halifax v Boston Utd
Gateshead v Rochdale
Hartlepool v Altrincham (12.30)
Morecambe v Scunthorpe
Solihull Moors v Carlisle
Sutton Utd v Forest Green
Truro City v Tamworth
Wealdstone v Woking
York v Southend (5.30)
Scottish Cup Fourth Round
Airdrieonians v Arbroath
Camelon v Elgin
Dundee Utd v Ayr
Dunfermline v Hibernian (12.30)
Hearts v Falkirk (8)
Kelty Hearts v Cove Rangers
Kilmarnock v Dundee
Livingston v St Mirren
Motherwell v Ross County
Partick v Montrose
Spartans v Inverness CT
Stenhousemuir v Morton
Stranraer v Queen's Park
William Hill Scottish League 2
Stirling v East Kilbride

SUNDAY

Premier League
Aston Villa v Everton (4.30)
Wolves v Newcastle (2)
Scottish Cup Fourth Round
Aberdeen v Raith (2.30)
Auchinleck Talbot v Celtic (5.30)
Women's FA Cup Fourth Rd
Arsenal v Aston Villa (2)
Bournemouth v Man City (2)
Brighton v Nottm Forest (2)
Charlton v Swindon (2)
Chatham Town v York (2)
Hull City v Birmingham City (2)
Ipswich v Sheff Utd (2)
London Bees v Liverpool (2)
Man Utd v Burnley (2)
Oxford Utd v Middlesbro (2)
Southampton v Bristol City (2)
Tottenham v Leicester (12noon)

1-2-X CHECK

POOLS NUMBER	FULL TIME
1	1
2	1
3	1a
4	1a
5	1a
6	1a
7	3
8	1
9	2
10	1a
11	3
12	1
13	1a
14	1a
15	1a
16	1
17	3
18	1a
19	3
20	1
21	1
22	3
23	1
24	1
25	1
26	1
27	1
28	3
29	2
30	1a
31	1a
32	1
33	1a
34	3
35	3
36	1a
37	3
38	3
39	1a
40	1a
41	1
42	2
43	1
44	1
45	1
46	1
47	1a
48	3
49	1a

SCOTTISH ROUND-UP

DONS DOUBLE DELIGHTS GERS BOSS ROHL

RANGERS carved out their second win over managerless ABERDEEN this week with a 2-0 victory in atrocious conditions at Pittodrie.

The Gers, who overcame interim boss Peter Leven's side by the same scoreline at Ibrox on Tuesday, took the lead in the Granite City when returning midfielder Thelo Aasgaard volleyed in midway through the first half.

Defender Emmanuel Fernandez headed into the Dons net in the 28th minute, only for the goal to be chalked off for an infringement on keeper Dimitar Mitov, but the second goal did arrive in the 74th minute from a James Tavernier penalty.

Rangers boss Danny Rohl (inset) said: "The game management was outstanding. I'm happy, that's five wins in a row.

"We couldn't win here for two years and today we showed how we want to play football for 90 minutes. It's a huge step forward."

Leaders HEARTS demonstrated their title credentials by overcoming a red card for keeper Alexander Schwolow to grind out a 1-0 victory at DUNDEE.

In front of a 4,000-strong travelling support, the Jambos went ahead through Claudio Braga's 27th-minute strike.

The wind was removed from the visitors' sails when Schwolow was sent off in first-half stoppage time for fouling Tony Yogane.

But Scotland keeper Craig Gordon came on for his first Hearts appearance of the season and helped secure a huge victory by pulling off a stunning late save from Emile Acquah.

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WOMEN'S ROUND-UP

IT'S SIX & THE CITY

Kerolin maintains lead at top

SWEET KEROLIN
Brazil star curls home classy Man City opener

BY **JASON MELLOR**

MANCHESTER CITY cemented their six-point lead at the top of the Women's Super League yesterday as goals from Kerolin and Vivianne Miedema sealed a 2-0 win over EVERTON.

Brazil international Kerolin opened the scoring with a deflected 26th-minute effort before Holland star Miedema (inset) rounded off the victory with a well-taken second.

England's Hannah Hampton kept a clean sheet on her return from injury as CHELSEA maintained their pursuit of the leaders with a 5-0 demolition of struggling WEST HAM.

The defending WSL champions cruised into a four-goal interval lead thanks to an own goal from Yu Endo and further strikes from Lauren James, Alyssa Thompson and Sandy Baltimore.

The latter grabbed a second from the penalty spot after the break as new Hammers boss Rita Guarino tasted defeat in her first match in charge.

ARSENAL lost ground in the title race after failing to find a way past 10-player MANCHESTER UNITED as they were held 0-0 in front of a crowd of more than 37,000 at the Emirates on Saturday.

The Gunners could not find a way through in the final 25 minutes after a second yellow for United full-back Jayde Riviere and boss Renee Slegers said: "The ball has to go in the net and that didn't happen today."

SPURS yesterday climbed to fourth level on points with their North London rivals after Ashleigh Neville's debut own goal from Eveliina Summanen's 40th-minute corner handed her old club a hard-fought 1-0 win over LEICESTER.

Second-half goals from Rachel Daly and Kirsty Hanson helped ASTON VILLA come from behind to beat BRIGHTON 2-1.

Fuka Tsunoda put the Seagulls ahead at Villa Park, but the hosts responded with two goals inside a minute to claim a fourth league win of the season.

LIVERPOOL drew 0-0 with LONDON CITY LIONESSES.

SUPER LEAGUE

	P	W	D	L	F	A	Pts
Man City	12	11	0	1	34	10	33
Chelsea	12	8	3	1	24	6	27
Arsenal	12	6	5	1	23	10	23
Tottenham	12	7	2	3	17	16	23
Man Utd	12	6	4	2	24	13	22
Aston Villa	12	4	4	4	16	19	16
London City	12	5	1	6	14	21	16
Brighton	12	4	2	6	15	15	14
Leicester	12	2	3	7	7	21	9
Everton	12	2	2	8	14	24	8
West Ham	12	1	2	9	9	29	5
Liverpool FC	12	0	4	8	8	21	4

ARSENAL (0) 0	**MAN UTD** (0) 0 Att: 37,627
ASTON VILLA (0) 2 Daly 57 Hanson 59	**BRIGHTON** (1) 1 Tsunoda 12 Att: 2,361
CHELSEA (4) 5 Endo 1 (og) James 28 Thompson 40 Baltimore 44, 70 (pen)	**WEST HAM** (0) 0
LIVERPOOL FC (0) 0 Att: 2,419	**LONDON CITY** (0) 0
MAN CITY (1) 2 Kerolin 26 Miedema 63	**EVERTON** (0) 0
TOTTENHAM (1) 1 Neville 40 (og)	**LEICESTER** (0) 0